

Directory of Support Services for Family Carers in Dublin and Surrounding Areas

What Is a Family Carer?

A Carer is defined in Census 2011 as someone who:

provides regular, unpaid personal help for a friend or family member with a long-term illness, health problem or disability (including problems which are due to old age).

The vast majority of respondents (98.3%) in a report on fulltime Carers in Ireland indicated that they were caring for a family member. However, the use of the term 'Carer' has increased to such an extent that it is often used to refer to a vast array of healthcare professionals. For these two reasons it is considered appropriate to use the term Family Carer to clearly differentiate the contribution of paid care workers or healthcare professionals from that of unpaid Family Carers.

It is difficult to pinpoint the exact number of Family Carers in the Republic of Ireland. The Central Statistics Office (CSO) 2009 Q3 Quarterly National Household Survey found that 8% of respondents (aged 15 and over) provide some level of unpaid care. Generalised to the estimated population at the time, they estimate that in the region of 274,000 people aged 15 and over are providing unpaid informal care.

For a recent and comprehensive overview on Family Caring in Ireland go to www.carealliance.ie, click on 'Publications & Resources', scroll down to 'Overview Reports', then click on 'Family Caring in Ireland - An Overview', or click on this link to go directly to the pdf of the report <http://bit.ly/1ktQTTI>

Who Is this Directory for?

This directory is targeted primarily at health and social care professionals and others who have contact with Family Carers. It may also be of use to Family Carers. It is not intended to be an exhaustive list of health and social care services, but more an outline of specific supports that Family Carers may benefit from.

We have included in this directory a large number of voluntary/charitable organisations who provide professional support to Family Carers living in Dublin and surrounding areas.

We have also outlined details of supports that may be available directly from the Health Service Executive (accessed through local Primary Care Teams and Public Health Nurses), although there are local variations in the extent of such supports available.

The state provides a range of services and supports for family carers covering health services, income supports, taxation, employment, training and education, transport and housing. For a summary of supports see <http://bit.ly/1zTgWsn>

This directory will be updated regularly – see <http://bit.ly/1x5gNV4> for the latest version.

For copies of The Carers Association 'Carers Companion Booklet', which is specifically designed for Family Carers, call 1800 24 07 24 (Monday – Thursday 9am – 5.30pm Friday 9am – 5pm). To view/download this booklet go to: <http://bit.ly/1z7NQla>

HSE Supports

The HSE provides a range of services in the community to support people to remain at home and to support family carers. Access to services is through the public health nurse or primary care teams. For disability services, access can also be via the Disability Manager or the Early Intervention Team.

Services include:

- Public Health Nursing
- Allied Therapy services: e.g. Physiotherapy, Occupational Therapy, Speech & Language Therapy
- Home Help: provides both personal care (bathing, dressing etc) & essential household tasks relevant to the person's assessed care needs to support them at home. The HSE may provide these services directly or may fund voluntary providers to deliver the service on its behalf.
- Home Care Packages (for people over 65 years) refers to an enhanced level of community services and supports. These may include paramedical, nursing, respite, home help and other services, depending on assessed need. Services provided through the HCP scheme may be provided by HSE staff or HSE may fund external providers to deliver the service on its behalf.
- Day Care Centres (for the person being cared for)
- Respite Care (provided by the HSE or other organisations)

Primary care teams are composed of multi-disciplinary professionals including: Public Health Nurse, General Practitioner, Physiotherapist, Occupational Therapist, Social Worker, other Allied Therapists, and provide access to home help staff. The primary care teams provide

a range of services from their local Primary Care Centre. For further information go www.hse.ie.

Pages 35 to 41 of the Carer Companion Directory (<http://bit.ly/1GsROe5>) provides more details of the supports the Health Service Executive may be able to provide or refer Family Carers to.

For the HSE's Guides to Services for Children with Disabilities in Dublin North, Dublin North West and Dublin North Central see <http://bit.ly/1BzZ4V7>

For a list of services available in your local area, go to www.hse.ie, click on 'Services Near You' and search using the interactive map (Current URL: <http://bit.ly/1BzZbjD>), or call the HSE Info Line 1850 24 1850 (from 8am – 8pm, Monday – Saturday).

Training for Family Carers/ Overview of Services

There are a number of voluntary organisations providing information, advice and support for Family Carers in Ireland. Education and training contribute to easing the burden at home as well as establishing, maintaining and improving standards of care.

Training:

The HSE, as well as voluntary agencies supported by the HSE, provide training for Family Carers; voluntary agencies such as The Carers Association and The Alzheimer Society of Ireland provide national (including certified) training courses such as “Care in the Home” for Family Carers, covering practical caring skills such as manual handling/safe lifting, feeding, washing, dressing and personal skills. Other courses include Caring for Children with Special Needs and First Aid. For an up-to-date list of courses specifically for Family Carers see: <http://bit.ly/1x5gNV4>

Overview of Health and Social Care Services:

For an overview of supports for Family Carers see <http://bit.ly/12QpEfT>
For an overview of supports for Family Carers provided by the HSE, go to www.hse.ie, ‘All health services’, ‘Older People’, ‘Carers and Relatives’, ‘Supports for Carers’ (Current URL: <http://bit.ly/1tyiZUa>)

Social Media:

A number of organisations have active Facebook Pages. Some are specifically aimed at supporting Family Carers.

www.facebook.com/nationalcarersweek

www.facebook.com/carersassociation

www.facebook.com/SpecialNeedsParentsAssociation

www.facebook.com/TheAlzheimerSocietyofIreland

Financial Assistance/Tips

Financial Assistance:

Some Family Carers are eligible for a means-tested Carer's Allowance.

Family Carers also have the legal right to leave their paid job and return within 2 years to the same job, under the same terms and conditions, under the Carer's Leave Act. These Family Carers are entitled to Carer's Benefit, which is not means tested.

All full-time Family Carers are eligible for the Respite Care Grant of €1,375 paid annually in June.

For the most up-to-date details regarding income supports for Family Carers see <http://bit.ly/1yQGet0>

Tips for Family Carers:

The Carers Association have put together some useful short tips for Family Carers. These may be useful for those supporting Family Carers to consider. See <http://bit.ly/15LkYcW>

Eurocarers have developed a website specifically for Family Carers caring for the elderly, with information on supports available and tips for family carers on how to look after themselves and their loved one.

The website will be launched in 2015, see <http://bit.ly/1v9BBeg> for more information.

The Carers Association

The Carers Association is a national voluntary body and registered charity (CHY 10962), whose mission is:

“to provide Family Carers with emotional and practical supports; to promote the interest of Family Carers and those receiving care in the home through effective partnership, lobbying and advocacy, and to gain recognition and social justice for Carers’ invaluable contribution to Irish society”. For reasons ranging from old age and frailty, to chronic illness, accident, or physical or developmental disability, **over 187,112 people in Ireland give care at home every day to somebody they love.** (Source; Census 2011) Care is often provided 24 hours a day, 7 days a week.

Detail of Supports Available:

Rights and Entitlements Information, Counselling, In-home Respite, Support Group Meetings, Information Days, Training, Workshops and Social and Recreational Days.

Location/Catchment Area of Supports:

Greater Dublin Area, including Wicklow, Kildare and Meath

- Contact Times: Monday – Friday: 9am – 5pm
- Postal Address for Main Office: The Carers Association
Smithfield Business Centre, The Distillers Building,
New Church Street, Smithfield, Dublin 7.
- Contact Times: Monday – Friday 9am – 5.30pm (5pm on Fridays)
- Careline Number: Careline 1800 24 07 24
- Rachel Rodgers – Family Carers Outreach Officer: 01 8943174
- E-mail: careline@carersireland.com
- Website: www.carersireland.com

<p>North Dublin & Louth Dublin 1,3,7,5,9,11,13,15 Family Carer Outreach Officer Contact: Jacqueline Millman 086 389 0620 / 086 021 3798 dublinnorth@carersireland.com</p>	<p>Meath & South Louth Family Carer Outreach Officer Contact: Tracey Brennan 086 389 0620 / 086 388 6970 meath@carersireland.com</p>
<p>Wicklow & South Dublin Dublin 16 & 18 Family Carer Outreach Officer Contact: June Keogh 086 172 6300 wicklow@carersireland.com</p>	<p>Kildare Contact: Kelly Ann O'Brien Admin Support 086 021 3749 Kildare1@carersireland.com</p>
<p>West & City of Dublin Dublin 2,4,6,8,10,12,14,20,22,24 Family Carer Outreach Officer Contact: Rachel Rogers 01 453 2000 / 086 389 0532 dublin@carersireland.com</p>	<p>Young Carers Contact: Padraig McGrath Young Carers Development Officer 057 93 70211 pmcgrath@carersireland.com</p>



Acquired Brain Injury Ireland

ABI Ireland responds to people living with an acquired brain injury by providing a range of pioneering, flexible and tailor-made services. These include: Assisted Living Services, Home & Community Rehabilitation Services, Day Resource Services, Rehabilitation Support, Case Management, Education Programmes and Individual Development.

Detail of Supports Available:

ABI Ireland also provides an extensive education and awareness programme for those caring for an individual with a brain injury.

Location/Catchment Area of Supports:

Nationwide.

- Contact Person: Nuala Collins, 01 2804164 extension 207 Monday – Friday 9am – 5pm
- Postal Address: 43 Northumberland Avenue, Dun Laoghaire, County Dublin
- E-mail: ncollins@abiireland.ie
- Website: www.abiireland.ie



**ACQUIRED
BRAIN INJURY**
IRELAND

The Alzheimer Society of Ireland

The Alzheimer Society of Ireland, ASI, is the leading dementia-specific service provider in Ireland. Our Vision is an Ireland where no one goes through dementia alone and where policies and services respond appropriately to the person with dementia and their carers, at the times when they need support. Our network includes over 150 dementia-specific services.

Supports and Services Include:

Social Clubs, Alzheimer Cafés, Family Carer Support Groups, a Dementia Advisory Service, Home Care, Day Care Centres and Respite Centres. ASI also runs Family Carer Education Programmes at different times during the year, and is supporting the development of 7 Dementia Friendly Communities.

Our National Helpline is free and confidential and provides details of all our services, as well as information and publications about living with dementia. We post our information free of charge to people with dementia and their families.

Location of Supports:

Nationwide.

- **Alzheimer National Helpline: 1800 341 341**
- Monday – Friday 10am – 5pm and Saturday 10am – 4pm
- Postal Address: National Office, Temple Rd, Blackrock, Co. Dublin
- E-mail: helpline@alzheimer.ie
- Website: www.alzheimer.ie



THE ALZHEIMER
SOCIETY *of* IRELAND

Down Syndrome Ireland

A national organisation which provides information and support to both Family Carers and people with Down syndrome.

Detail of Supports Available:

(National Office) Seminars, Conferences and Information Seminars. The National Resource Team provide support in Counselling, Independence, Education and Health to both family members and people with Down syndrome.

Location of Supports:

Phone-based support as well as monthly Dublin Branch committee meeting in The Carmelite Centre, Aungier St., Dublin 2. The Dublin Branch run various activities, both social and practical, including: Art and Drama Workshops, Summer Camp and Workshops, Parent and Toddler Group, Dance Classes, Dance and Drama, Cool Club, Christmas Social for parents.

Event calendar update available on Dublin Branch website:

www.dsdublin.ie

- Dublin Branch Chairperson can be contacted on chairperson@dsdublin.ie
- Contact Person: (National Office) Annette O'Neill
- Phone Number: 01 4266500 Direct line: 01 4266511
9:30am – 5:00pm (Closed for lunch 1 – 2pm)
- Postal Address: Down Syndrome Ireland,
Citylink Business Park, Old Naas Rd, Dublin 12
- E-mail: annette@downsyndrome.ie
- Website: www.downsyndrome.ie



National Leadership Local Support

St. Michael's House

St. Michael's House provides services to people with an intellectual disability (moderate, severe and profound) and their families. It covers areas in both North and South Dublin.

Supports include Parent Information Evenings, Playgroups and Parent and Toddler Groups. Clinicians provide a number of training programmes for family members. School information evenings and unit meetings give families a chance to input to the service.

Individual support meetings take place on the basis of identified need.

Location of Supports:

Across North and South Dublin

- Contact: Social Work Department 01 8840200 (Mon – Fri)
- Postal Address: Ballymun Road, Dublin 9.
- E-mail: info@smh.ie
- Website: www.smh.ie



Multiple Sclerosis Society of Ireland

Multiple Sclerosis Ireland is the only national organisation providing specialised services, professional information and support to over 8,000 people living with Multiple Sclerosis (MS) in Ireland, and the many thousands more who share their lives.

Detail of Supports Available:

MS Ireland services are delivered through our network of ten Regional Offices across the country and range from casework, specialised physiotherapy and 'newly diagnosed' sessions to information events and symptom-management workshops.

The MS Care Centre provides short-term respite care, and during a week-long stay a resident can avail of therapeutic services, neurological assessments and a range of social activities to allow for complete rest and recuperation.

Location of Supports:

Our services are available nationwide; however, the particular supports available in each region depend first on the needs of the MS community in the local area. Please contact us to locate your nearest regional office.

- Contact Number: (01) 678 1600 (Mon – Fri, 9 – 5pm)
- MS Information Line: 1850 233 233 (Mon – Fri, 10am – 2pm)
- Postal Address: 80 Northumberland Road, Dublin 4
- E-mail: info@ms-society.ie
- Website: www.ms-society.ie

Aware

Aware is the national charity which provides support, education and information around depression. Aware was established in Ireland in 1985 and has grown from just one local support group to a nationwide organisation providing a range of options for individuals, families and communities impacted by depression.

Detail of Supports Available:

Aware's services include: a LoCall Support Line (1890 303 302), Support Mail service (supportmail@aware.ie), a network of support groups in over 50 locations nationwide, a free 'positive mental health' programme for secondary school students called *Beat the Blues*, and *Life Skills*, a free programme for people with mild to moderate depression, stress or anxiety, based on principles of cognitive behavioural therapy. The organisation also offers Wellness@Work training and education programmes.

Both the Support Line and the Support Mail service are available to and are widely used by relatives of people experiencing depression, while there are specific depression support groups for relatives in some areas.

Location of Supports:

Please see www.aware.ie for more information on all services.

- Support Line: 1890 303 302 for support (open seven days a week 10am – 10pm) or 01 661 7211 for general enquiries
- Postal Address: 72 Lower Leeson Street, Dublin 2
- E-mail: General Enquiries – info@aware.ie
Support Mail – supportmail@aware.ie
- Website: www.aware.ie

Irish Hospice Foundation

The Irish Hospice Foundation (IHF) is dedicated to building support for the hospice philosophy in all care settings, improving access to hospice services and working for the continuous development of high-quality care, including bereavement support.

Detail of Supports Available:

Our website has been developed to provide practical information and guidance for people who are caring for someone who has been diagnosed with a life-threatening illness and where there is a reasonable possibility that this person will die within six months, either at home, in hospital or in another residential setting. It operates as a web portal, directing individuals to a range of supports and information, covering practicalities of caring and what to do as death approaches, containing information on specific life-limiting diseases, legal, financial and employment issues, as well as coping with bereavement and loss. The Irish Childhood Bereavement Network (ICBN) website has information for professionals who are supporting grieving children and young people.

Location of Supports:

Bereavement leaflets available on line and in hard copy.

- Contact: Deirdre Shanagher (website queries)
Laura Rooney Ferris (librarian)
- Postal Address: 32 Morrison Chambers, Nassau St, Dublin 2.
- E-mail: deirdre.shanagher@hospicefoundation.ie
laura.rooneyferris@hospicefoundation.ie
- www.hospicefoundation.ie www.childhoodbereavement.ie



**The Irish
Hospice
Foundation**

Striving for the best care
at end of life for all

Muscular Dystrophy Ireland

Muscular Dystrophy Ireland aims to provide information and support to people with neuromuscular conditions and their families through a range of support services. Our objective is to promote, through practical empowerment, independent living for people with the condition muscular dystrophy.

MDI supports people who have muscular dystrophy and related neuromuscular conditions, and their families. These conditions are characterised by the progressive weakening and wasting of the muscles. They can affect adults and children. Some forms arise at birth or in childhood, others may not manifest themselves until later in life. Each type of muscular dystrophy arises from a different genetic mutation or deletion which is inherited from one or both parents or is due to a spontaneous mutation. This means that there are families who have more than one member with the condition.

Location of Supports:

- Contact: CEO – Joe Mooney
- Phone: 01 6236414 (Monday – Friday)
- Postal Address: 75 Lucan Road, Chapelizod, Dublin 20
- E-mail: info@mdi.ie
- Website: www.mdi.ie



Shine

Supporting people affected by mental ill health

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, through the promotion and provision of high-quality services. Shine has offices in Dublin, Cork, Galway, Kilkenny, Tullamore and Dundalk.

Detail of Supports Available:

Regional Development Offices

We have Regional Development Officers in Dublin, Kilkenny, Cork, Ennis, Galway, Tullamore and Dundalk who provide support and information on relevant support groups and services in local areas.

Confidential Information Helpline: 1890 621 631

Shine's information helpline is open to everyone: people with mental ill health, family members, friends or carers. Information and support is provided by trained staff and volunteers.

Opening hours: Monday – Friday 9am – 4pm.

Phrenz Groups:

The Phrenz groups are mutual support and social groups which provide a safe place for people with mental ill health to speak openly and in confidence about their feelings and about the ups and downs that they may be experiencing in their day-to-day lives. There is a strong emphasis on a positive outlook and approach in dealing with mental ill health.

Relatives' Groups:

Mental ill health can be difficult for family members and close friends to deal with. As a consequence of diagnosis, family members also experience feelings of fear, loss and stigma. The Support Groups for Relatives provide a confidential place for family members and friends to meet and share their experiences. Practical information and support are the key facets of these groups and guest speakers often present on a variety of topics.

Family Support Initiatives:

Shine provides a range of family support initiatives including support and education courses. The education courses are designed to help caring relatives of people with mental ill health to learn more and to manage the symptoms and difficulties encountered. The support courses concentrate on the specific needs of the caring relative through the promotion of self-development, self-help and coping skills.

Counselling:

A confidential, safe and professional service is provided by trained accredited counsellors and is available free of charge in Dublin and Cork.

Resource Centres:

The Basin Club in Dublin and the Basement Resource Centre in Cork are peer-driven resource centres for people with self-experience of mental ill health. They operate within an ethos of cooperation and partnership and provide social, vocational and recreational support to members throughout their recovery.

Location of Supports:

- Contact Head Office: 01 8601620 – 9am – 5pm
- Information Helpline: 1890 621 631 (Mon – Fri 9am – 4pm)
- Postal Address: Shine, 38 Blessington Street, Dublin 7
- E-mail: info@shineonline.ie
- Website: www.shineonline.ie



The Parkinson's Association of Ireland

The Parkinson's Association of Ireland is a patient support organisation that provides a range of supports and services at both national and local level through their branch network nationwide.

Detail of Supports Available:

The Association provides support for people with Parkinson's, their families, carers and healthcare professionals through its **Freephone helpline 1800 359 359**, the nurse specialist call-back service and information leaflets and booklets. They hold regular information update meetings called Pals and have a local branch network throughout the country including a branch for young-onset Parkinson's patients (Parkinson's Active Liaison and Support).

Location of Supports:

Local branches throughout the country:

Cavan, Cork, Donegal, Dublin, Galway, Kildare/East Midlands, Louth/Meath, Mayo, Midwest, North Kerry, Roscommon, South Kerry, Tipperary, Waterford, Wexford.

- Contact Phone Number:
Office 01 8722234 **Freephone helpline 1800 359 359**
- Postal Address: Carmichael House, Brunswick Street, Dublin 7
- E-mail: info@parkinsons.ie
- Website: www.parkinsons.ie

NCBI – Working for People with Sight Loss

NCBI, the national sight loss agency, is a not-for-profit charitable organisation which provides support and services nationwide to people experiencing sight loss. The majority of people using NCBI's services are not totally blind and have some level of vision.

Detail of Supports Available:

NCBI provides information, advice, support, rehabilitation services and other training designed to assist people who are living with sight loss to do so independently.

Services offered include:

- Emotional and practical support – offered by community-based staff
- Low vision solutions
- Independent living – orientation and mobility training, technology training and rehabilitation training
- Employment guidance
- Early learning centre
- Library

Location/Catchment Area of Supports:

NCBI offers a nationwide service with Dublin offices located in Drumcondra, Dun Laoghaire and Clondalkin.

- Contact Phone Number and Times:
Information and advice is available from 01 830 7033,
Mon – Fri 9am – 5pm
- E-mail: info@ncbi.ie
- Postal Address: Head Office, Whitworth Road,
Drumcondra, Dublin 9.
- Website: www.ncbi.ie



NCBI

**Working for People
with Sight Loss**

Cystic Fibrosis Ireland

CF Ireland (CFI) is a voluntary organisation that was set up by parents in 1963 to improve the treatment and facilities for people with Cystic Fibrosis in Ireland. CF Ireland also co-operates with medical professionals to give maximum assistance to both parents and children/adults with Cystic Fibrosis.

We are supported by fundraising and voluntary contributions and are solely concerned with the well-being and quality of life of Persons with Cystic Fibrosis (PWCF).

Detail of Supports Available:

Below are some of the ways we support the CF Community in Ireland:

- Exercise: To encourage PWCF to increase their physical fitness.
- Fertility: To provide financial support to PWCF and their partners who wish to undergo fertility assessment/treatment.
- Transplant Assessment / Transplant Grant: CFI provides financial assistance towards incidental expenses.
- Family Bereavement: CF Ireland provides a bereavement grant to support families facing this difficult time.

Location of Supports:

All applications for support grants are made through our National Office in Rathmines.

- Contact Person: Alicia May (Services and Information Officer)
- 01 4962433 Monday – Friday (9am – 5pm)
- Postal Address: CF House, 24 Lower Rathmines Road, Rathmines, Dublin 6.
- E-mail: amay@cfireland.ie or info@cfireland.ie
- Website: www.cfireland.ie



Spina Bifida Hydrocephalus Ireland

The mission or purpose of Spina Bifida Hydrocephalus Ireland is to provide information, support and advice to people with Spina Bifida and/or Hydrocephalus, their parents and carers, as well as to promote social inclusion and equality for people with Spina Bifida and/or Hydrocephalus in Irish society.

Detail of Supports Available:

Our Family Support Service has been in existence since 2003. We have a network of workers who provide services nationally to individuals with Spina Bifida and/or Hydrocephalus, their families and carers. The aim of the service is to work with our members, their families and carers by providing guidance and information in an environment which is conducive to their needs. The Family Support Worker (FSW) will visit individuals and/or families in their own home, in hospital, in school or in the work place. We provide information, support and guidance from the time of diagnosis, which can occur during pregnancy or at the time of birth, through to adulthood. We provide healthcare professionals, education professionals and those working within the Disability sector with information, resources and guidance, ensuring that our members receive the best possible provisions from their multidisciplinary team.

Location of Supports:

Nationwide Family Support Services

- Contact Person: Edel Browne Curran
- 01 4572329 or 086 8520616 (9am – 5pm, Monday – Friday)
- Postal Address: Spina Bifida Hydrocephalus Ireland, National Resource Centre, Old Nangor Road, Clondalkin, Dublin 22.
- E-mail: info@sbhi.ie or ebrowne@sbhi.ie
- Website: www.sbhi.ie



**Spina Bifida
Hydrocephalus
Ireland**

Bodywhys:

The Eating Disorders Association of Ireland

Bodywhys is the national voluntary organisation supporting people affected by eating disorders. Our mission is to ensure support, awareness and understanding of eating disorders amongst the wider community as well as advocating for the rights and healthcare needs of people affected by eating disorders.

Detail of Supports Available:

Bodywhys provides a network of support groups across the country for those affected by eating disorders. We also run groups for friends and family members who may be in need of support. The groups are facilitated by trained volunteers and are free to attend. For details on our support groups see our website (www.bodywhys.ie).

The Bodywhys LoCall Helpline ([1890 200 444](tel:1890200444)) runs six days per week, and is staffed by trained volunteers who provide support and information to people affected by eating disorders and to their friends and family members. For up-to-date times of operation, see our website (www.bodywhys.ie).

BodywhysConnect and YouthConnect are online support groups, which are popular with those who wish to maintain anonymity or are living in an isolated area. The groups run one night a week and registration is available through our website (www.bodywhys.ie).

The Bodywhys' e-mail support service, alex@bodywhys.ie, allows for anonymity and flexibility while providing the optimal level of support. The Bodywhys website www.bodywhys.ie provides a wide variety of information on eating disorders, treatment options and support services.

Also accessible from the site: List of helpful reference books.

Online Groups:

BodywhysConnect and YouthConnect are online groups for adults and teenagers affected by eating disorders. The groups are popular with those who wish to maintain anonymity or are living in an isolated area. The groups operate on weekly basis and can be accessed following a simple registration process on our website (www.bodywhys.ie).

Links:

Links to other relevant eating disorder and mental health websites
Directory of service providers, searchable by location.

Location of Supports:

- Admin line: 01 2834963 Mon – Fri , 9am – 5pm
- Postal Address: Bodywhys, P.O. Box 105, Blackrock, Co. Dublin
- E-mail: info@bodywhys.ie
- Website: www.bodywhys.ie



Headway

Headway provides free support and services to people with brain injuries and their family members. A brain injury can happen suddenly to anyone, after an accident, a stroke, or an infection, for example. Headway is here to help.

Detail of Supports Available:

- (1) Drop in to the Information Booth at the National Rehabilitation Hospital (NRH), Rochestown Avenue, Dún Laoghaire, for information & support. Headway are in the NRH once a month. Phone 1890 200 278 to get our dates.
- (2) One-to-one counselling for adult family members, in Headway, D. 7.
- (3) A monthly Family Members Group in Headway, D. 7.

Location of Supports:

1. Information Booth, National Rehabilitation Hospital, Rochestown Avenue, Dún Laoghaire. Phone Headway on 1890 200 278 for monthly dates.
2. One-to-one counselling for adult family members and monthly Family Members Group: Headway, Blackhall Green, off Blackhall Place, Dublin 7.

- Contact Person: Ruth Lunnon, Senior Information and Support Worker
- Phone Number: 01 6040 800
- Information and Support Line: 1890 200 278,
Mon – Fri, 9am – 1pm, 2 – 5pm
- Postal Address: Headway, Headway, Blackhall Green,
off Blackhall Place, Dublin 7
- E-mail: helpline@headway.ie
- Website: www.headway.ie

HEADWAY

Brain Injury Services & Support

Huntington's Disease Association of Ireland (HDAI)

Huntington's Disease Association of Ireland is a national organisation providing information and support to people with Huntington's Disease, those at risk, carers, families and health and social care professionals.

Detail of Supports Available:

Family Support officer, support meetings and carer workshops, specific information and HD publications, counselling, annual respite weekend.

Location of Supports:

Contact: Helpline Freefone: 1800 393939

Dublin: Support Group Meeting, Counselling, Family Support Officer

- Contact Person: Family Support Officer – Monday and Friday
- Information: Mon – Fri 9.30 am – 5.30 pm
- Postal Address: Carmichael Centre,
North Brunswick St., Dublin 7
- E-mail: Info@huntingtons.ie
- Website: www.huntingtons.ie



Crosscare

Crosscare Carer Support Programme began in 1993 and currently provides services to Family Carers in North and West Dublin. As well as providing front line services, we also work collaboratively with other agencies engaged with Family Carers to influence policy at local and national level.

Detail of Supports Available:

Support groups, one-to-one support, training & information.

Location of Supports:

Drumcondra, Donaghmede, Finglas, Blanchardstown, Coolock (Bonnybrook) and Tallaght (Jobstown).

- Contact Person/ Contact Phone Number:
Marie Keegan – Mobile: 086-3846001
- Postal Address: The Red House, Clonliffe College, Dublin 3
- E-mail: mkeegan@crosscare.ie
- Website: www.crosscare.ie



Inclusion Ireland

Inclusion Ireland is the national association for people with an intellectual disability. Inclusion Ireland provides a central forum for its members to identify priorities and to formulate nationally agreed policies to present to government, statutory bodies and other relevant groups, as well as to the general public. Inclusion Ireland campaigns for changes in services and legislation that will improve the quality of life and participation of people with an intellectual disability in Irish society.

Detail of Supports Available:

Inclusion Ireland provides an information and advice service to people with an intellectual disability and their families, and also to services that support people with intellectual disabilities, as well as to students and others carrying out research in the sector, etc.

If you are looking for a service, some advice, a link to a support group etc., we can point you in the right direction. However, if you have a specific query you would like Inclusion Ireland to help you with, please e-mail us at info@inclusionireland.ie or you can phone us at 01 8559891.

If you would like to meet with someone from Inclusion Ireland:

- Contact Person: Cormac Cahill,
Communications & Information Officer, 086 8373394
- Office number: 01 8559891, Mon – Fri 9am – 5pm
- Postal Address: Unit C2, The Steelworks, Foley Street, Dublin 1.
- E-mail: info@inclusionireland.ie
- Website: www.inclusionireland.ie



INCLUSION IRELAND

National Association for People with an Intellectual Disability

The compilation of this Directory has been undertaken by Care Alliance Ireland.

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 providing of information, developing research and policy, 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 95 member organisations and other agencies to support them in their work with Family Carers.

Our legitimacy derives from our membership base which includes all the carer organisations and virtually all the disease/disability-specific organisations currently providing services to Ireland's Family Carers. Our membership is comprised of both large and small, regional and national, organisations.

This publication is updated regularly and is available to download from the Care Alliance Ireland website: (URL: <http://bit.ly/1x5gNV4>)

Should there be any inaccuracies or omissions in this directory, please advise Care Alliance Ireland by e-mail: info@carealliance.ie

Disclaimer:

This Directory is provided as an information guide for Health and Social Care professionals and others who have contact with Family Carers. The information provided in this directory is not to be seen as an endorsement of any particular service and/or organisation.

