

CARE ALLIANCE IRELAND

Supporting Ukrainian Family Carers in Ireland: A Guide for Volunteers and Staff

Launch Event October 25th 2023



The Community
Foundation for Ireland



Event Outline

Introductions: Meet the Project Team
Care Alliance & How We Work
Context for the Project: Ukraine and Ireland
The Booklet
Comments, and Questions



MEET THE TEAM

Yevhen Kavun

Liam O'Sullivan

Tetyana Krevets

Zoe Hughes





Care Alliance Ireland

A little bit about how we work

Umbrella Organisation

- 90+ Member Organisations
- Across the health & social care sectors
- Disability & Condition Specific

Family Carer Supports

- Covid-19: Created Online Support Group
- Now 5k+ members
- Also deliver online education and back-to-employment supports
- National Carers Week

Organisational Supports

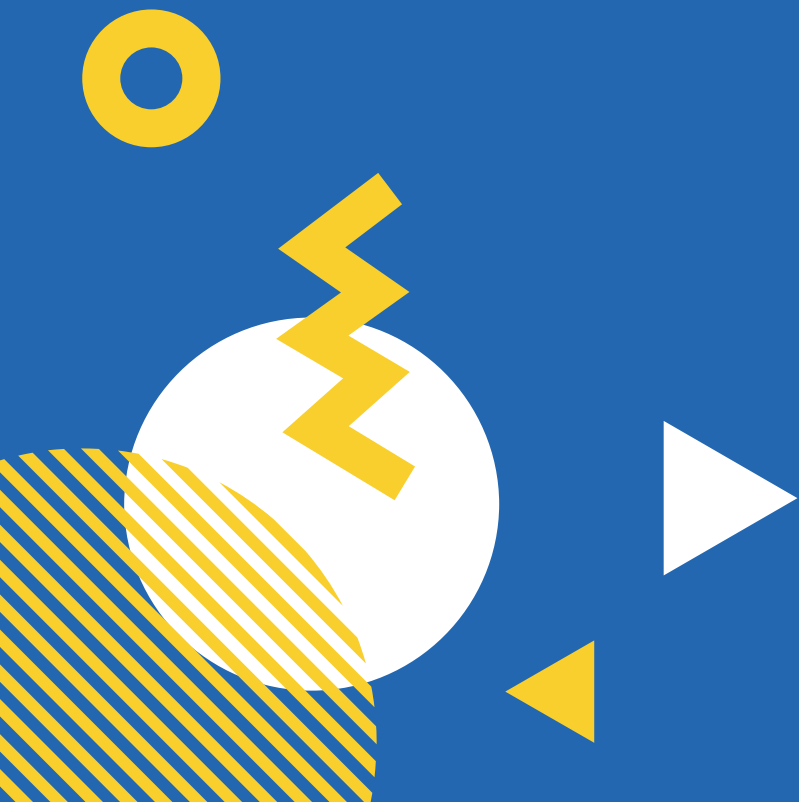
- Research
 - Research group
 - Publications
 - Collaborative
- Policy
 - Submissions
 - Discussion with policy makers
- "Macro-Advocacy"

We Support Organisations to Support Family Carers

- Discussion Papers
 - Defining Carers
 - Family Caring and Minority Populations
- Infographics
 - Statistics, key topics to be aware of, etc.
- Specific Guides
 - PPI - A Guide for Not-For-Profit and Community Groups New to Research
- General Supports for Member Organisations
 - Email, phone, etc.
 - I'm always available for a chat!

UKRAINE & IRELAND

ROUGH TIMELINE



24 FEBRUARY 2022

Russian troops ordered to
occupy parts of Ukraine

WITHIN DAYS

Million's of Ukrainians flee the
country because of the war

2ND MARCH 2022

First displaced Ukrainians arrive
in Ireland

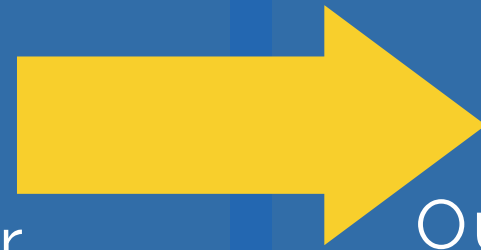
END MARCH 2023

76,175 Ukrainians living in Ireland

Developing The Project

PPI Ignite w/UL

Development of "PPI: A Guide for Not-for-Profit and Community Groups New to Research"



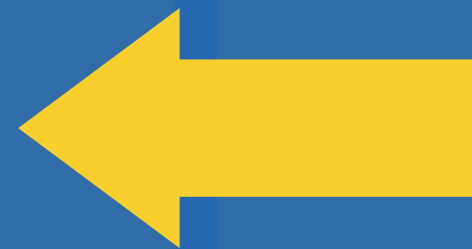
CEO Volunteering

Our CEO volunteered with Ukrainian groups in his local area & saw a need for a resource around Ukrainian family carers for professionals



Funding

Community Foundation "Ireland for Ukraine" scheme



Contacting PPI Partners

Eugene & Tetyana



Developing The Project

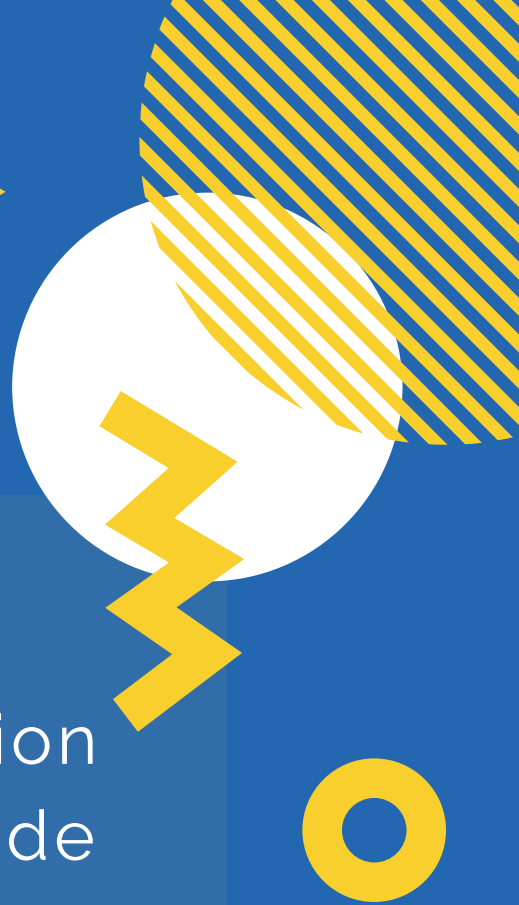
Brainstorm

Meetings & email discussion to decide on the necessary information to be included



Responsibilities

Deciding who will source information and write different parts of the guide



Proofreading & Design

Thank you to Maire in Perfectly Write and Ruth in DuckBlue



Drafting

4/5 drafts before we were all happy!

Key challenges for Ukrainians in Ireland



EVERYTHING IS NEW

The health, social, education and other systems are very different from what they are used to



LANGUAGE

Many of those coming to Ireland do not speak English, or if they do it's very basic, so communication is difficult



EVEN MORE DIFFICULT FOR SICK OR DISABLED PEOPLE

The systems are very complicated, even if you are used to them and speak perfect English!



FOR FAMILY CARERS

Hard to know where to go, who to talk to, or what supports you are entitled to



Booklet Outline

- Introduction
 - Background to CAI
 - Team introduction
 - Background on the project/
explaining focus on Health
& Social Care professionals and
volunteers
- The Impact of Family Care
 - Ukraine - An Overview
 - History
 - Culture
 - The Health System
 - A Note on **Being** with Trauma
 - Main Challenges for Ukrainian Family Carers in Ireland
 - Identifying as a family carer
 - Language
 - Access to Healthcare
 - Medications & Healthcare Aids
 - Supports for Ukrainian Family Carers in Ireland (Signposting)
 - Family carer organisations
 - Condition specific organisations
 - Specific HSE & DSP information for Ukrainians in Ireland

Supporting Ukrainian Family Carers in Ireland: A Guide for Volunteers and Staff.

The Team

We in Care Alliance knew that in developing this guide we needed to involve the experts in being a Ukrainian family carer in Ireland. While we have considerable experience in the family carer sector, it would be wrong of us to assume we have all the answers. We wanted to develop this guide using Public & Patient Involvement principles, as these are critical to our work.

So we recruited two Ukrainian team members to work on the project with our Senior Policy & Research Officer Zoe.



Photo R-L Tetyana Krevets, Yevhen Kavun and Zoe Hughes at the PPI Summer School in University of Limerick, June 2023

The Impacts of Family Care

Being responsible for the care and safety of a loved one can have both positive and negative impacts for a family carer. These can include significant financial, physical and mental health impacts.

Every two years, beginning in 2020, Family Carers Ireland have undertaken and published their 'State of Caring' research, which outlines many of these impacts. Some of the key findings of their latest report (2022) are:

- 68% of family carers experience financial distress
- 70% report difficulty accessing services for at least one of the people they care for
- 23% are cutting back on essentials such as food and heat to make ends meet
- 43% of family carers rate their health as good or very good, in comparison to 85% of the general population.



Ukraine – An Overview



History

On 24 August 1991, the Verkhovna Rada of the Ukrainian Soviet Socialist Republic proclaimed the Act of Independence, declaring an independent nation. The All-Ukrainian referendum, which took place on 1 December 1991, ratified the earlier declaration of independence from the USSR, and established the status of an independent country for Ukraine. According to the results of this referendum, the majority of the population, in all regions of the country, supported the Act of Independence.

In January–February 1992, Ukrainians approved their flag, small coat of arms and the melody of the national anthem and began building an independent state and market economy.

In 1995, Ukraine became a member of the Council of Europe. In 1996 it signed the EU Integration Strategy, and in 1997 it signed the Charter on the Special Partnership between Ukraine and NATO. In September 1996, the National Bank carried out a monetary reform and the national currency, the hryvnia, was introduced.

A Note on 'Being' with Trauma

People coming from Ukraine to Ireland have come from different parts of the country and have different experiences of the war. For most Ukrainians the topic of war is sensitive in itself, especially if it has touched them or their families personally. People who lived in the south-east of the country, in the Zaporizhzhia, Kherson, Donetsk, Luhansk and Kharkiv regions, whose territories have either been or remain occupied by Russian troops, may be particularly personally affected. Many of the people from these areas are now homeless and have nowhere to return to.

Many people who have come from Ukraine are particularly sensitive to and might avoid the topic of war, or have an increased emotional reaction to any reminder of the war, including tears, sadness and anger. Ukrainians coming from regions particularly affected by the war are likely to have issues such as justice, safety and security as top priorities, along with a desire for their voices and stories to be heard and understood. Others may not want to talk about it at all.

Humour and encouragement, which very often are how Irish people cope with traumatic events, may look and feel out of place. If you find out that a Ukrainian or their family survived the occupation of their city or active hostilities nearby and the conversation has focussed on the topic, it is best to express your understanding of the situation and your empathy.

Inclusion Ireland



The vision of Inclusion Ireland is an inclusive Ireland where people with an intellectual disability are supported to live and participate as an equal member within the community. They offer information and advocacy services specifically for people with intellectual disabilities, and they also have a number of supports in place for their families and carers, like their Connect Family Network, information on income and supports, future planning, and decision making and consent.

All their information for families and carers is available on their website:

<https://inclusionireland.ie/families-and-cares/>

Email: info@inclusionireland.ie

Phone: (01) 855 9891

Irish Cancer Society



The Irish Cancer Society is a community of patients, survivors, volunteers, supporters, health and social care professionals and researchers. Together, they are working to save lives and improve the lives of people affected by cancer in Ireland. They listen to patients and their loved ones and support them by providing free information and care. They fund cancer research to

Entitlements for Ukrainian Family Carers in Ireland

Medical Card

If someone is coming to Ireland from Ukraine under the Temporary Protection Directive, they may be entitled to a Medical Card immediately. There is a special Medical Card application form for people from Ukraine. This Medical Card application form is also available in Ukrainian and Russian.

- Medical Card Application Form for People from Ukraine – English: <https://www2.hse.ie/services/healthcare-in-ireland/ukr-medical-card-application-form.pdf>
- Medical Card Application Form for People from Ukraine – Ukrainian: <https://bit.ly/MedicalCardFormUkrainian>
- Medical Card Application Form for People from Ukraine – Russian: <https://bit.ly/MedicalCardFormRussian>

GP Visit Card

If they are not entitled to a Medical Card, they may be entitled to a GP Visit Card, which will entitle them to free doctors' visits.

<https://bit.ly/GPVisitCards>

- Russian: <https://www.hse.ie/eng/services/healthcare-in-ireland/russian/ukrainian-nationals.html>
- Ukrainian: <https://www.hse.ie/eng/services/healthcare-in-ireland/ukrainian/ukrainian-nationals.html>

Family Carer-Specific Information

- Rights & Entitlements for Family Carers (Family Carers Ireland): <https://familycarers.ie/carer-supports/help-guidance/rights-entitlements>
- Understanding behaviours of concern in children, adults and older people (Family Carers Ireland): <https://familycarers.ie/media/2053/family-carers-ireland-understanding-behaviours-of-concern-in-children-adults-and-older-people.pdf>
- Public Health Nurse Information Leaflet – Ukrainian: <https://bit.ly/PHNInfoUkrainian>
- Public Health Nurse Information Leaflet – Russian: <https://www.hse.ie/eng/services/list/2/primarycare/national-phn-service/public-health-nurse-information-leaflet-russian.pdf>



[https://bit.ly/SupportingUkrainian
FamilyCarersInIreland](https://bit.ly/SupportingUkrainianFamilyCarersInIreland)

*Many thanks to the Community
Foundation of Ireland*

