

Care Alliance Ireland

Exchange

Summer 2014 Issue 44

New App for Family Carers who Share the Care

As part of the 8th National Carers Week, a new app was launched by Care Alliance Ireland. Called Jointly App and developed by Carers UK, the app makes caring for someone a little easier, less stressful, and a lot more organised, by making communication and coordination between those who share the care as easy as a text message.



Speaking about the launch, Liam O'Sullivan, Executive Director of Care Alliance Ireland, said: *"this app can make a real difference to enhancing communication between siblings who find themselves supporting their parents more and more as they age. It can also be useful for family members who are living far away from their loved ones."*

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Finian Duff
Lennon (9)
from Dublin
helps promote
the Jointly app

News

Our New Strategic Plan, 2014 – 2017

This plan builds on the achievements of the previous strategic plan and is based on our guiding principles, which are fundamental to the work we do. In preparing the plan we consulted extensively with our member organisations, potential member organisations and a wide array of other stakeholders. The plan identifies our strategic priorities for the next three years, whilst recognising the challenges that face our member organisations and the caring sector as a whole.

Vision: That the role of Family Carers is fully recognised and valued by society in Ireland.

Mission: Care Alliance Ireland exists 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, sharing resources, and instigating opportunities for collaboration.

Guiding Principles:

1. We are committed to raising awareness of Family Carers and the critical role they play in health and social care provision.
2. We believe that our member organisations have a pivotal role to play in enhancing the quality of life of Family Carers, and are committed to working in partnership in pursuit of this shared objective.
3. We are committed to delivering up-to-date information, advice and support to our member organisations in a timely, professional and accessible manner.
4. We will implement and promote an efficient, effective and professional approach in relation to our own work and that of our member organisations.
5. We are committed to the full and effective implementation of the National Carers' Strategy.

Full details of the Strategic Plan can be found on our website www.carealliance.ie.

Strategic Priorities for 2014 to 2017

1. Providing a united voice for, and strengthening the impact and relevance of, Family Caring organisations in Ireland.
2. Providing up-to-date, relevant information to our members in a timely and accessible manner.
3. Supporting primary and applied research on Family Caring and the role of Family Carers.
4. Building the profile and raising awareness of Care Alliance Ireland.
5. Ensuring we have the capacity and resources to progress strategic priorities.
6. Supporting member organisations and international alliances.

News



Comhshaol, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government

Funding Secured from SSNO Scheme

We are delighted to report that we were successful in securing funding under the Scheme to Support National Organisations for the period July 2014 to June 2016. This significant funding will enable us to continue our work in supporting our member organisations and others in their support for Family Carers. Specifically, the increased level of funding that we have secured will enable us to take a more active role in the research and policy sphere, which is a key aspect of our new Strategic Plan (see page 2).

Speaking after the announcement, Chair of Care Alliance Ireland, Dr Gerry McCaffrey said: "This enhanced level of funding will enable us to continue our work in guiding support for Family Carers. We look forward to increasing our reach and positive impact into the future."

Dr Geraldine Fennell RIP

It was with deep regret that Care Alliance Ireland heard of the death of Dr Geraldine Fennell on 28 June 2014.

Geraldine served as a director on our Board since 2009. She was an active participant in all discussions and was deeply passionate in defending the rights of Family Carers throughout the island of Ireland.

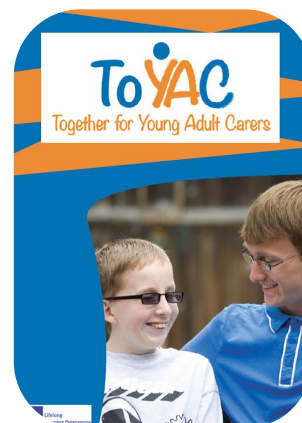


All Staff and Directors extend our deepest sympathy to her friends and relatives on their loss.

News

Booklet for those Working with Young Adult Carers

A key deliverable of our Together for Young Adult Carers (ToYAC) project, was the development of a new booklet, aimed at those with an interest in supporting Young Adult Carers. The 16-page booklet was developed originally in English, and then translated into Italian and German with some country-specific modifications. The booklet is intended for anyone working with, or an interest in, Young Adult Carers. It summarises why this group needs special support, gives examples of the types of support already available in the five partner countries, and makes recommendations for those considering supporting Young Adult Carers in their own work. The booklet is available to view on our website. A small number of hard copies are available on request from info@carealliance.ie.



News In Numbers

7,530

Likes on National Carers Week Facebook Page
up 67% since May 2014

87

Organisations fully compliant with Governance Code
up 14% since May 2014

479

Organisations 'on the journey' towards being compliant with Governance Code
up 33% since May 2014

€1.2 m

Additional funds secured for 23 NGOs for one year,
as HSE/DECLG review of funding gets underway

71,000

Family Carers in receipt of €1,375 Respite Care Grant

1,726

Downloads of 2013 Overview of Carers in Ireland report
To download <http://bit.ly/1ktQTTI>

National News

Eighth National Carers Week – The Best Yet



The 2014 National Carers Week took place from 9 to 15 June, with over 150 events in all 26 counties of the Republic of Ireland.

Based on an estimated average of 25 per event we estimate that in the region of 3,800 Family Carers took part directly in events. Over 25 different organisations hosted events for Family Carers, with groups also collaborating on events.

One of the key objectives of National Carers Week is to raise awareness of Family Carers in our community. We secured national print coverage (twice in the Irish Times, twice in the Irish Independent Health and Living Supplement and once in The Examiner), as well as coverage on Ireland AM and RTE's Morning Edition. The Carers Week team also did seven interviews on local radio. Thanks to our new partner for 2014, The Irish Cancer Society, information about National Carers Week was displayed in 11 Daffodil Centres in the major hospitals in Ireland. The National Carers Week team had a stand at the first Care and Mobility Show that took place in the RDS. The National Carers Week Facebook page now has over 7,500 likes and has become the biggest single source of hits to our website.

As part of the week we launched an app for Family Carers called Jointly which was developed by Carers UK. The app helps families who are involved in sharing the care of a family member communicate with each other (see pages 1 and 18).

Television presenter, Nuala Carey kindly supported National Carers Week again this year, taking part in a pre-launch photo shoot and also speaking at the launch itself. We greatly appreciate her generosity in giving time to promote and raise awareness of Family Carers.

The launch of National Carers Week took place in the Irish Hospice Foundation's offices in Dublin City Centre. Speakers included Sharon Foley (CEO, Irish Hospice Foundation), Niamh Duffy (Young Carer of the Year), Tom Curran (former Family Carer), Liam O'Sullivan (Executive Director, Care Alliance Ireland) and Nuala Carey. The winner of the National School Competition Laoise Kirwan, a fourth class pupil from Eglishe NS, Ahascragh, Ballinsloe, Co. Galway, was presented with her prize by Nuala Carey. The launch was followed by a light lunch for the Family Carers that were in attendance.

National Carers Week will take place from 8 to 14 June, 2015. We are confident that it will continue to go from strength to strength as we approach a decade of National Carers Weeks and continue to celebrate the role and contribution of Family Carers.

www.carersweek.ie

National News

Images from National Carers Week



Zara Algan, Nuala Carey and
Finian Duff Lennon

Zara Algan, Finian Duff Lennon and
Seanadh Hodgins help launch Jointly App

Paddy and Monica Cullen



Nuala Carey presents
the winner of the
National School
Competition
Laoise Kirwan
with her prize



Noreen Doyle, Young
Carer of the Year Niamh
Duffy, Betty Kearns and
Audrey Dickson

Mary Toole and Linda
Jackson



Member News

Update on the National Carers' Strategy Monitoring Group

While the National Carers' Strategy is based on a coordinated approach across many departments and agencies in conjunction with the community and voluntary sector, it is the Department of Health that has been assigned responsibility for leading on the Strategy and reporting annually on progress. The National Carers Strategy Monitoring Group (with membership from Family Carers, the Carers Association and Care Alliance Ireland) has developed a framework to monitor implementation of the Strategy. This framework consists of a two-tier approach. The first is an Action Plan. This is intended as a companion document to the National Carers' Strategy and identifies additional measures through which objectives can be achieved and which will have maximum impact for Family Carers. The second is a Scorecard: this is a scoring system used to measure progress against each of the Strategy's actions. Despite the slow initial start in implementation, the Group remains enthusiastic about the National Carers' Strategy and believes there are significant opportunities for Government departments and carer organisations to work together to ensure that the Strategy achieves its goal to recognise, support and empower Family Carers. A full briefing on the work of the group will be provided at our AGM.

Considerable progress has been made in recent months in advancing the implementation of the Strategy. Members of the Monitoring Group met with Minister Kathleen Lynch and her colleagues from the Department of Health on 10 June and are greatly encouraged by the positive approach of the Minister and particularly her commitment to ensure that the national goals, objectives and actions contained within the Strategy are delivered through meaningful and positive engagement with the Monitoring Group. Meetings have recently taken place with the Department of Social Protection, the Department of Health/HSE, and the Department of the Environment, Community and Local Government. Further meetings with other key departments and agencies are being scheduled to discuss implementation of their assigned actions.



Minister Kathleen Lynch meeting with representatives from Care Alliance Ireland and the Carers Association

Member News

Care Alliance Ireland Annual General Meeting

Date: Tuesday 16 September 2014

Location: The Carmichael Centre, North Brunswick Street, Dublin 7

Time: 2.00pm – 4:30pm

Member organisations have been formally invited to nominate directors to the board and supplied with details of the nomination and election process. A number of directors' terms of office have come to an end and there is now an opportunity for new directors to come on board.

Our Directors Report and Financial Statements for the year ended 31 December 2013 will be presented to the meeting and our Chairperson will give a brief overview of our work in 2013. The session will commence with a presentation on the work of the National Carers' Strategy Monitoring group. This will be a useful opportunity to hear about advances being made in progressing specific commitments made in the 2012 document. This will be followed by a presentation about our new Strategic Plan.

Carers Commuting between UK and Ireland

Crosscare Migrant Project is currently investigating commuter carers (individuals who live abroad but regularly return to Ireland to provide care to a relative) with a view to identifying whether this is an emerging issue for Irish emigrants.

Irish in Britain (previously the Federation of Irish Societies) have come across a number of Irish people in their twenties and early thirties who live in Britain but who regularly commute to Ireland to care for a parent or other family member. They have noted that these individuals may not consider themselves as carers as such and therefore may not necessarily seek out or receive any support in either the UK or Ireland.

Crosscare Migrant Project is interested in hearing from any organisations in Ireland who may have come across individuals in these circumstances. If you have any experience of individuals commuting from the UK to Ireland to care for either a parent or a close family member, please contact Sarah Owen sarahowen@crosscare.ie.

Note: Crosscare Migrant Project (previously Emigrant Advice) is one of the projects of Crosscare, the social support agency of the Catholic Archdiocese of Dublin. Part-funded by the Department of Foreign Affairs and Trade Emigrant Support Programme, it provides information, advocacy and referral services to intending and returning Irish emigrants who are in vulnerable circumstances. For more see www.migrantproject.ie

Member News

Co. Roscommon Disability Support Group is Recruiting



Co Roscommon Disability Support Group is a long-established not-for-profit service provider catering for people of all ages and all abilities. The organisation operates from its fully accessible premises in Derrane, Co. Roscommon and provides services in Roscommon, Galway and Mayo.

RSG provides a varied range of services in all aspects of daily living to people with disabilities, older people and children to enable them to live independently at home. Services include a Personal Assistant and Assisted Living Service, and a Home Support Service Community Employment (CE) project funded by the Department of Social Protection.

In 1996, RSG formed an Independent Living Service to promote independence for people of all ages and abilities enabling them to become participating members of the wider community. A 24/7 Care Service was established in 2010 to cater for people who are unable to access other services, state-funded or otherwise. It provides care for older people and people with disabilities of all ages in their homes and caters for all aspects of their daily living. Live-in care, companion care and respite care are among the many services that are available. It is a low cost professional service with an out-of-hours monitoring service. Packages are tailored to meet the needs of the person. Tax relief may be claimed for costs incurred.

RSG is currently looking for Home Care Support Workers in counties Mayo, Galway and Roscommon. All candidates would need to have FETAC level 5 in Healthcare and have an interest in working in the community care sector. A full driving licence is required and Garda Vetting will apply.

There is also a vacancy on the CE scheme for an IT Assistant who would be responsible for the organisation's computer network in Derrane.

For further information and/or application form please contact the Recruitment Section, on 090 662 5852 or email: info@rosdisabilities.ie.

Member News

A Selection of Member Organisations' and Other Stakeholders' Pre-Budget Submissions

Age Action Ireland

<http://bit.ly/1r79wSj>



Alzheimer Society of Ireland

<http://bit.ly/VfYcV9>



Carers Association

<http://bit.ly/VfYrzJ>



Disability Federation of Ireland

<http://bit.ly/1sRNdOM>



Member News

Training for Family Carers gets €1m boost

It has recently been announced that the Dormant Funds have allocated €1m for Family Carer Training Initiatives. For more information, see <http://bit.ly/XDBSH3>

This is significant and will boost the level of training available to Family Carers over the coming years. Pobal will administer the scheme and Care Alliance Ireland will seek to be usefully involved in the process. In a similar previous scheme (€1.5m, 2009-2012) we liaised with Pobal around devising assessment criteria for applicant organisations. We also held a seminar on effective training interventions.

Family Carer Training in Manual Handling

CareBright provides monthly Manual Handling Patient Moving courses in Rathfredagh House, Newcastle West, Co. Limerick, at a cost of €90. Tel: 1800 303412.



Parkinson's Association to hold event in the Centre of Ireland



The Parkinson's Association are holding a Social Gathering on Saturday 6 September 2014 in the Hodson Bay Hotel, Athlone.

The agenda for the day will include an educational seminar on the drug management of Parkinson's and practical advice for keeping active.

Afternoon session includes set dancing sessions, Percy French sing-along, yoga and Tai Chi. Please contact us on 1800 359 359 or visit our website www.parkinsons.ie for further details.

Member News

Caring for Carers Ireland reporting on Montessori for Seniors



At Caring for Carers Ireland we were recently privileged to have Christine Mitterlechner from Austria visit us and share with us some training in the concept of Montessori for Seniors. Since 2008 Christine has been the project leader for 'Enjoyable Life-Long Learning according to Montessori'. What she teaches is an open and undirected system of learning which can be easily adapted to the needs of those involved. The concept has proven to work exceptionally well with Alzheimer's and dementia patients, often making significant improvement in the patients' health, both mental and physical.



Christine was here for three days in March, during this time she worked with some of our own staff, a number of Family Carers caring for people with dementia, home care workers and staff from local day care centres. She explained the basics of the concept; giving examples of successes with patients when little else had worked to make a connection, especially in the advanced stages of Alzheimer's, and she also gave basic training in how to run these courses with seniors. We also visited the Kilmaley Day Care Centre where a group of seniors was waiting to do a session with Christine. The session took about two hours in total but was broken down into six separate stages involving exercises, singing and games that prompted memories and conversations. Christine used a range of simple wooden games which she has designed herself. The games have inter-changeable cards so the subject could be changed or specifically adapted to meet the interests of a particular person.



Our plan to share this concept

As we have carers groups in many areas of the country we will be travelling to them bringing a short course and demonstration of this concept and the benefits it can bring. Christine left us with a selection of themes, examples and step-by-step guidance on the full range of mental and physical activities needed for a full beneficial session. We believe it is something that could greatly benefit those being cared for at home and also those in nursing homes. This is because it keeps people motivated and activated, which can have long-term health benefits.

Funding for the roll-out of this programme has been received from Irish Public Bodies National Insurances under its Youth and Community Funds Project. Carers groups throughout Ireland can avail of the programme in the autumn of 2014. If you are interested in knowing more, please contact us at Caring for Carers Ireland, Phone: 065 6866515

Email: pshannon@caringforcarers.org or
training@caringforcarers.org

The article *How Can Montessori Principles Be Used in Dementia Care?*

by Lara Belonogoff, can be viewed at
www.caring.com/articles/montessori-and-dementia

Member News

Irish Heart Foundation Stroke Awards



**IRISH HEART
FOUNDATION**

Nominations are now open for the annual Irish Heart Foundation Stroke Awards. These awards celebrate the achievements of those affected by stroke and recognise the hard work and dedication of families and carers. We had many worthy winners last year and hope to hold another great event this year. The awards ceremony will be hosted by RTE broadcaster Marty Whelan and will be followed by a gala luncheon.

Nominations can be made online at www.stroke.ie or, for a hard-copy nomination form, please contact Emma-Jane Morrissey, Advocacy Programme & Campaigns Officer: tel: 01 6346925 or email: emorrissey@irishheart.ie.

Closing date for nominations is Friday 19 September 2014.

Inclusion Ireland Conference on the Cost of Disability



INCLUSION IRELAND
National Association for People
with an Intellectual Disability

This event will bring together national and international experts to discuss the direct and indirect costs of having a disability and their implications for poverty and socio-economic disadvantage. The full-day conference will take place in the Radisson Blu Royal Hotel Dublin, Golden Lane, Dublin 8 on Thursday 25 September. Inclusion Ireland will be finalising the programme shortly.

Event: Cost of Disability conference

Date: 25 September

Location: Radisson Blu Royal Hotel Dublin, Golden Lane, Dublin 8

For more information, please contact Cormac Cahill, Communications & Information Officer.

Email: cormac@inclusionireland.ie

Telephone: 01 855 9891 / 086 837 3394.

Caring in the News

Media coverage of caring related issues since May 2014

Events to give recognition to Wicklow's 4,618 Family Carers – Wicklow Voice – 4 June 2014
<http://bit.ly/1oJGG8F>

Cuts have had big effect on family carers, survey finds – Irish Times – 9 June 2014
<http://bit.ly/1pWcDZr>

Malnutrition risk to dependents a worry for carers – Irish Examiner – 10 June 2014
<http://bit.ly/1uXtFsj>

The number of people receiving a carer's allowance has increased by 40% – Journal.ie – 15 June 2014
<http://bit.ly/1nGekZS>

Family Carers; Partners in Care – Galway Independent – 18 June 2014
<http://bit.ly/VzAeEk>

More support for Limerick Carers – Limerick Post – 4 July 2014
<http://bit.ly/1p6eUCF>

Carers demand more support from budget – New Ross Standard – 22 July 2014
<http://bit.ly/1sPpyQL>

Sylvia's delighted with her digital award – Clare Courier – 22 July 2014
<http://bit.ly/Xv3BcW>

€100 top-up to cut water bill for OAPs, Carers and low paid – Evening Herald – 24 July 2014
<http://bit.ly/1oJJJaE9>

Alarm at levels of dementia awareness in Irish hospitals – Irish Times – 29 July 2014
<http://bit.ly/1kOCvY8>

Alzheimer's risk doubles with lack of vitamin D – Irish Examiner – 7 August 2014
<http://bit.ly/VzefO8>

Head injury treatment hope as lab grows brain tissue for first time – Irish Independent – 12 August 2014
<http://bit.ly/VfzSTB>

Opportunities to Influence Policy and Practice

HIQA Invites Submissions on Draft National Standards for Residential Care Settings for Older People in Ireland



Between now and 24 September, HIQA is asking for advice and views from nursing-home owners, residents, families and other interested parties on issues relating to the quality of life people have in nursing homes and other care settings.

The public submissions will then feed into a document which has already been drawn up in draft format, citing additional reforms which nursing homes and other residential care units for older people must implement.

Speaking at the launch of the consultation plan, HIQA's Director of Quality and Safety Improvement, Marie Kehoe O'Sullivan noted the vast majority of the 566 units, which will fall under the new standards, are operating to a high level.

However, given a number of difficulties highlighted in recent HIQA inspection reports, she said it was essential that reforms first introduced in 2009 were built on further, to ensure the safety and quality of life of people at the facilities. "The current standards are now five years old, and nursing home care has moved on during this time," the senior official said.

The move to introduce fresh reforms has been welcomed by Minister of State for Primary and Social Care, Kathleen Lynch. "Standards promote health, well-being and quality of life. I would urge residents and their families, in particular, to take this opportunity to inform the development of the final set of standards. They can provide valuable insights on the quality of the service provided," she said.

Anyone seeking to take part in the consultation can do so until September 24. For further details <http://bit.ly/1p1XbLU>.

Source: Fiachra Ó Cionnaith, *Irish Examiner*, 31 July, 2014

Opportunities to Influence Policy and Practice

HSE to consult on Draft Interim Standards for day care services

New Directions – Personal Support Services for People with Disabilities was published by the HSE in 2012. This document sets out the future vision for the provision of HSE day services to people with intellectual disability, physical and sensory disabilities and autism.



Stakeholders are invited to attend an information session which will give details of the Draft Interim Standards that have been developed to support the delivery of the personal support services for people with disabilities contained in New Directions. These sessions will launch the consultative process in relation to the Draft Interim Standards. There will be a one-month timeframe to make a submission on any aspects of the Draft Interim Standards.

To reserve a place at one of these sessions, please complete the booking form (<http://bit.ly/1oHydSw>) and email to sandra.cogan@hse.ie or send to Sandra Cogan, HSE Disability Services, Bective Street, Kells, Co. Meath.

Dates for your Diary

Care Alliance Ireland: AGM

16 September 2014
Carmichael Centre, Dublin
From 2pm



Carer of the Year Awards 2014

19 September 2014
Closing date for nominations
Nationwide
<http://bit.ly/1q6HsrN>



Stroke Awards 2014

20 September 2014
Closing date for nominations
Nationwide
www.stroke.ie



Inclusion Ireland conference

25 September 2014
Cost of Disability Conference
Radisson Blu Royal Hotel, Golden Lane, Dublin 8



Budget Day 2014

14 October 2014
Department of Finance
www.finance.gov.ie



An Roinn Airgeadais
Department of Finance

Practical Resources

New App for Family Carers who Share the Care

(Continued from page 1)

The Jointly App is a wonderful resource for Family Carers and those who support people with particular needs.

Jointly works with 'circles of care'. You can purchase a Jointly circle with a one-off payment of £2.99 STG (approximately €3.75). Once you have purchased a Jointly circle for the person you are looking after, you can invite as many people as you want to share the care with you, at no additional cost.

Jointly can be accessed on the following platforms:

- iPhone and iPad (iOS version 6.0 and above)
- Android devices (version 4 and above). For older versions of Android, we recommend installing the Firefox browser on the device, and using www.jointlyapp.com, which has the same functionality as the Android version.
- Most modern web browsers (home computers, laptops, smartphones, tablets, etc) at www.jointlyapp.com.

Some quotes from users of the app

"Looking after someone can be so complicated. Jointly helps me stay on top of things and share information easily with everyone involved in my son's care."

"I love the app! It is a real step forward! Pass on my thanks to everyone who created it."

"Thank you [for creating Jointly]. And what a great idea too!"

"Great app! The new website is great!"

Research and Practice Reports

Family Caregivers' Role Integrated into National Program for Reducing Preventable Hospital Readmissions



BMC/Boston University's Project RED Leadership Collaborates with United Hospital Fund to Develop New Tool for Professionals

Reflecting the growing recognition of the critical role family caregivers play in reducing avoidable hospital readmissions, Project RED (Re-Engineered Discharge), an intervention that helps hospitals create safe and effective discharges, has been expanded to include new guidance for professionals on how to work with family caregivers. The new chapter in the Project RED toolkit was developed jointly by the research group at Boston Medical Center/Boston University School of Medicine that created Project RED and staff from the United Hospital Fund.

Project RED's new tool formalizes the role family caregivers play in a successful transition from the hospital by building upon their relationship with the patient and identifying and addressing their needs for training and support. It structures the process of working with family caregivers into five steps: identifying the family caregiver, assessing the family caregiver's needs, integrating the family caregiver's needs into the after-hospital care plan, sharing family caregiver information with the next setting of care, and providing telephone reinforcement of the discharge plan.

The new tool, "Understanding and Enhancing the Role of Family Caregivers in the Re-Engineered Discharge," is one of seven chapters in the Project RED toolkit and the first addition to the toolkit since its launch in 2007. Project RED—shown in a randomized controlled trial to reduce hospital utilization by 30 percent—is used by hospitals throughout the United States to minimize human and system errors in the discharge process.

"United Hospital Fund's work with hospitals and with family caregivers has demonstrated repeatedly that thoughtful inclusion of the family caregiver as part of the care team can help improve the patient experience, especially during transitions in care, such as a discharge from the hospital," said Carol Levine, Director of the Families and Health Care Project at United Hospital Fund and an author of the new professional tool. "We are thrilled that hospitals using this toolkit will now have a systematic approach to including family caregivers and making sure they have the information and training they need to support their family member after discharge from a hospital."

"Project RED has proved to be an effective tool for hospitals to re-engineer their discharge programs to make them safer for patients and reduce rehospitalizations," said Brian Jack, MD, Professor and Chair of the Department of Family Medicine at Boston University School of Medicine/Boston Medical Center, principal investigator of Project RED, and another one of the authors. "This new guidance will make the toolkit even stronger, filling a gap that we didn't realize existed when we first developed Project RED."

The Project RED toolkit is available free of charge at <http://bit.ly/VqknrG>

Research and Practice Reports

Symposium on Dementia and Caregiving

The Symposium drew on the experience of several academic experts working in the field of ageing, dementia and caregiving. The event was opened by the Provost of Trinity College, Dr Patrick Prendergast, who reminded an audience of some 80 people about the challenges and dilemmas of ageing and dementia.

The key-note speaker was Professor Steve Zarit who was on a study tour in Ireland. Professor Zarit is a distinguished Professor of Human Development and Family Studies from Penn State University in the United States. He is a prolific writer and he and his wife Dr Judy Zarit have made an enormous contribution to the field of ageing, dementia and caregiving over the last 30 years.

Other speakers included Professor Eamon O'Shea from NUI Galway (author of the Action Plan on Dementia). Professor O'Shea has been most influential over the years in Ireland for setting the agenda for aged care policy reform. Professor Charles Normand Health Economist from the School of Health Policy in Trinity College Dublin also addressed the audience providing a humorous yet informative paper on the broad topic of formal and informal care.

The occasion was also used to showcase some recent PhD graduate student work along with the findings from a new national survey of dementia-specific nursing homes in Ireland.

The presentations
are available
to download at
<http://bit.ly/1p1ZQVW>

International Research

Full-Time Employed Female Caregivers report greater levels of depression (US)

New research from Case Western Reserve University examined the relationship between full-time employed female caregivers and depression. As reported in Women's Health Issues, caregivers that had a higher mental effort and workload in caregiving, and poorer self-assessed health status were significantly correlated with high depressive symptoms. Daughters and women who lived with their care recipient also reported worse effort, workload, and health experiences.

Read more about the research at <http://bit.ly/1mvvgQY>

Public Perception of Long-Term Care Spells Trouble (US)

A recent survey conducted by the National Opinion Research Center and the Associated Press involved interviews with a nationally representative sample of 1,419 adults aged 40 and over in order to discover their thoughts and understanding related to long-term care policy and expenses. It also detailed the public's sources for information on ongoing living assistance and the degree to which these sources are trusted.

83 percent reported caregiving as being a positive experience. Seventy-seven percent reported caregiving strengthened their personal relationship with the person they cared for, and 7 percent reported caregiving weakened that relationship. However, 51 percent of caregivers said that caregiving caused stress in their family.

"Although caregiving was a positive experience that strengthened their relationship with the care recipient, participants also acknowledged the stresses of caregiving. Moving forward, people anticipate that ongoing living assistance will be needed either by themselves or others.

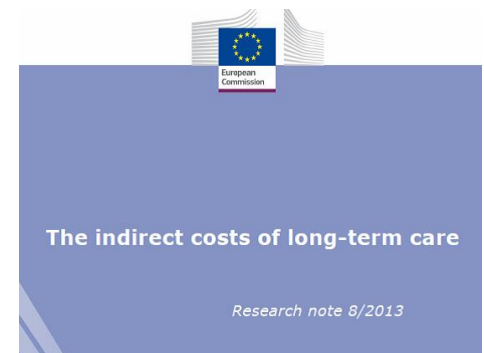
However, few participants reported planning for ongoing living assistance and not many felt very prepared to provide care for others. Overall, this study adds to the evidence suggesting an ongoing need to address caregiver stress. Furthermore, it suggests a need for educational efforts that can better prepare individuals in the public at large for the task of caregiving."

For the survey's finding on experiences and expectations for caregiving, go to <http://bit.ly/Vj4JOE>

International Research

Informal care, but at what cost?

This recent OECD publication reports that most informal carers are either of working age or older people themselves providing care to their dependent spouses. From the public budget perspective, informal care is often seen as a cost-effective way of providing care. This vision, however, fails to acknowledge the indirect costs of informal care, namely forgone employment or health for informal carers. Using data from EQLS and SHARE, Ricardo Rodrigues, Katharine Schulmann and Andrea Schmidt (together with colleagues Niki Kalavrezou and Manos Matsaganis of Athens University) discuss the effects of providing informal care on employment and health of carers, as well as the benefits already available to carers in Europe.



Summary

There is a high degree of variation in the availability of care services across Europe, reflecting different policy approaches to the issue of care for dependent older people, namely the degree to which countries rely on care provided by family members. The provision of informal care may, however, carry with it significant costs for carers, in terms of both health and forgone employment.

The empirical analysis carried out with EQLS 2011–2012 data showed significant differences in employment between carers and non-carers, suggesting that in a number of countries there is a negative effect on employment of caring, particularly among those aged 18–44. As women make up a significant majority of carers, there is a strong gender dimension attached to these results. It is also clear that encouraging the employment of women as a whole and fostering care services could improve the reconciliation of care and employment.

This effect is strong for both self-reported overall health and specific mental health symptoms. Possible explanations for the results presented above might include the actual physical strain of providing daily care to a person who is unable to attend to his/her own needs, as well as the emotional burden. Nevertheless, even though the associations presented here are strong, it is possible that some reverse causation might be present: the least healthy individuals might be more likely to choose to stay at home and provide care. On the other hand, some endogeneity may also be present: a low propensity to work and other relevant factors may be related to both adverse health effects and caregiving. Controlling for household income and the fact that all individuals in the sample are aged over 50 mitigate these effects; but further analysis is needed to investigate their exact magnitude and direction.

“As for the impact on health, the results indicate a strong correlation between the provision of care and the health status of caregivers, especially in the case of co-residency of carers and recipients of care.”

International Research

Informal care, but at what cost? (con't)

Migrant carers are an important phenomenon in a number of countries of Europe at present, and their importance partially reflects the outsourcing of caring by families. The profile of migrant carers reveals a group that is made up mostly of women from EU countries and beyond, who are frequently over-qualified for the care tasks they provide, although they often earn low wages. It is also clear that differences in the employment of migrant carers – either in the household or in formal care services – are driven also by public long-term care and migration policies in the host countries.

The possibility that care gaps could develop in the EU “sending” countries is real. The data presented in this research note attests both to the importance of informal care (including migrant carers working in informal markets) in the overall provision of care, as well as to the possible adverse consequences of not supporting carers for society as a whole (e.g. lower employment rates and poorer health). The differences between countries reflect not only cultural preferences and views regarding care, but also the impact of public policies that are highly dissimilar in terms of the degree and type of support that they offer carers. This signals that it is possible to significantly affect and address many of the issues identified here through sound policies.

The full report is available to view at <http://bit.ly/1mSalaa>.

International News

Videos on Carers

Following the June meeting of the International Alliance of Carer Organizations, you can now view a series of brief videos on caring and human rights on YouTube.

Carers and Human Rights - Home Page: <http://bit.ly/1l8tFVB>

Interviews with Delegates at the IACO Conference: <http://bit.ly/1yEv9HE>

Carers' Movements in Some Countries: <http://bit.ly/1t1ZA18>

6th International Carers Conference, 3-6 September 2015, Gothenburg, Sweden

CARERS UK
the voice of carers

Care and Caring: Future proofing for the new demographics

How we manage care and caring in the face of demographic change increasingly dominates social policy, research and practice. The 6th International Carers Conference, to be held 3 to 6 September 2015 in Gothenburg, Sweden and co-hosted by Carers Sweden/NKA and Carers UK, will challenge the international community to take a fresh look at an age-old issue. Caring is now everybody's business!

If you are a strategic decision maker, practitioner, policy maker, researcher – anyone with an interest in care and its impact – this conference is for you. Attending will allow you to share expertise and experience, explore innovation and seek real solutions to the care crunch.

The conference will focus on four key themes:

- Health, social care and well-being: how do modern societies and economies manage care in the face of demographic change?
- Combining work and care: how can we support people to manage their working and caring lives, contributing to economic and social sustainability?
- Paying for care: where should the responsibility for funding care lie between the individual, family, community and the state?
- Technology enabled care: how can new technologies support the delivery of care, transform the lives of individuals and families and drive economic growth?

The conference speaker line-up will be world class with keynotes and seminar presentations from across the globe. Join with colleagues from Sweden and the UK, mainland Europe and as far afield as Australia and India, China and the USA, to add your voice to the international debate. Further details will be announced over the coming months at www.carersuk.org.

International News

New President of Eurocarers

Congratulations to CEO of the Carers Association (Ireland) John Dunne who has been elected President of Eurocarers.



Eurocarers, the European Association Working for Carers, seeks to represent and act on behalf of all informal Carers, irrespective of their age or the particular health need of the person they are caring for.

Its purpose is to raise awareness of the significant contribution made by carers to health and social care systems and the economy as a whole, and of the need to safeguard this contribution. It also endeavours to ensure that EU and national policies take account of carers, i.e. promote social inclusion of carers, the development of support services for carers, enable them to remain active in paid employment and maintain a social life.

For more information visit www.eurocarers.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 99 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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10 Reasons To Join Us

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