

*'For me, the initial contact and being told, look, let's look to see what the issues are and what we can do. Somebody looking at **you** rather than the person you're caring for is so important'. A family carer*



*'The positive thing we've taken is having someone to give us information... we never knew about our rights and entitlements. It's hard to know where to go for support. It helped us get a handle on what was out there'.
A family carer*



www.familycarers.ie

For more information about The Family Carers Support Project

Email fcsp@familycarers.ie

Call Amy 086 0759063

Visit www.familycarers.ie/fcsp

Family Carers Ireland is the national charity supporting Ireland's **500,000+** family carers. We offer a range of supports and services, based on the needs of the family carer. These include: information, guidance, advocacy, education and training, carer clinics, wellbeing reviews, respite, emergency respite, counselling, homecare, peer support, membership (giving you access to over 100 offers and discounts), social events and a free emergency scheme for family carers. We also have a 24/7 Freephone Careline which you can ring for information or emotional support - **1800 24 07 24**.



The Family Carer Support Project

Enhancing the wellbeing of Family Carers of Older People in Cork & Kerry



No-one should have to care alone



www.familycarers.ie

RETHINK
IRELAND

INNOVATE TOGETHER FUND
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Caring for a loved one at home is a journey that can begin at any stage of life. It may initially involve helping an older parent or relative with shopping, assisting with meals and medication management. However, this role can grow and intensify over time.

Family Carers Ireland is working in partnership with the HSE, with funding from the Rethink Ireland Innovation Fund, to offer family carers of older people in Cork and Kerry access to The Family Carer Support Project.

Our focus is on you, the Family Carer

The Family Carer Support Project aims to enhance the wellbeing of family carers of older people. We will work with you to find out what your needs are and we will develop an action plan to support you to meet them. No question or problem you have is too big or small. We're here to help you.

It is important that you recognise yourself as a **Family Carer** so that the supports and services available are more visible to you.

Caring can be something that happens overnight, e.g. your older parent has a fall, has been diagnosed with an illness, or it could be gradual. Either way, if you are new to the caring role, **we are here to help**. We believe **no one should have to care alone**.

We want to ensure you have access to:

- Relevant information about your rights and entitlements as a Family Carer
- Community services available to support you and the person you care for
- Family Carers Ireland free National Emergency Scheme
- Education & training programmes
- Support groups

How to get involved in the Family Carers Support Project

The person who gave you this leaflet can refer you directly by completing a referral form OR you may complete a referral form yourself by submitting it/downloading from www.familycarers.ie/fcsp OR to request a referral form by post call Amy on 086 075 9063

When we have received the referral form, we will review it and make contact with you by phone or email within 3 working days.

We will answer your initial queries immediately where we can and share relevant information but if you need further support you can attend a carers clinic to speak with the **Carer Wellbeing Manager, Lynne Dennehy** about a specific topic or engage in a full wellbeing review.

You can choose to have your appointment via phone, a secure Zoom video link or in a room at St Finbarr's Hospital in Cork.

In a wellbeing review you get a chance to talk with the **Carer Wellbeing Manager** about any concerns you may have about your caring role & how you are doing in 7 different areas of your life:

- **Health** - Physical, mental, lifestyle
- **The caring role** - Knowledge about the condition, practical care skills, communicating with professionals, managing medications, ensuring safety
- **Time to yourself** - Social life, hobbies, breaks from hands-on caring
- **Managing at home** - Suitability of your home as a place of care, meals and shopping, day to day tasks
- **Finances** - Handling money, budgeting, rights and entitlements, legal issues.
- **How you feel** - Feeling supported, managing relationships, emotional self-care
- **Work/ Education** - Work and your caring role, training, education

Based on that discussion you will agree an action plan that is designed to support you to develop a sustainable caring routine and to enhance your own wellbeing.

The Carer Wellbeing Manager Lynne, will check in regularly for up to 3 months with you to see how you are getting on and to see if there are other actions you would like to work on.

It's really important when you talk with the Carer Wellbeing Manager, that you are as honest as possible, so that the actions agreed will really make a difference to you as a family carer.