

The Meath

home

Directory

*Information & advice for over 55s on
staying healthy, feeling safe and
enjoying life in your own home.*



Chairman's Welcome

Introduction

The need for a booklet of this nature became obvious from our ongoing discussions with over 55s around the county regarding their desire to remain in their own homes into their later years. Communication for older people or lack of communication as is often the case is a major issue, it was for this reason that the Laterlife Network Executive created the Home Roadshow Seminars and decided to take to the roads of County Meath to break down this communication barrier and to ensure the greatest possible participation of older people in the seminars. This booklet brings together all of the learning and information which flowed from the Home Roadshow Seminars and should prove to be a valuable resource for all who are enjoying their later life or indeed for family members and carers in society who are actively engaging with older people.

In reaching out to the greatest extent possible, six venues across the county were chosen to host Roadshow Seminars, covering each of Meath's six municipalities. These venues facilitated our diverse population of older people and ensured feedback and participation by all. One of the most distinctive features of the Roadshow Seminars was the roundtable discussion format which enabled Roadshow experts and agency professionals to engage face to face with participants. These discussions were open and informal and provided for exchange of critical information and feedback of immense value to participants and experts alike.



Jim Matthews, Chairperson

A continuous improvement model was applied to this sequence of seminars, the delivery and relevance of each seminar was improved on and this learning will be taken forward into 2018 and applied to our next series of the Home Roadshow. I would like to thank each and every organisation, agency and individual who contributed in any way to the success of these seminars, without your assistance success would not have been possible. The collective number of experts and agency professionals which gave freely of their knowledge, experience and time is indicative of the level of commitment there is to ensuring that older people in County Meath remain active in society, are catered for in decision making and are provided with the most reliable and up to date information on the full range of services available.

A special word of thanks is due to the Community Foundation for Ireland and to Meath Partnership for supporting this very worthwhile Initiative. A special word of thanks is due also to Fiona Larkin and Sue Russell without whose perseverance it would have been difficult to complete this project. To the Laterlife Network Executive a massive vote of appreciation to members: Mary Bradley, Maria Curtis, Ken Douglas, James Ellis, Marie Gohery, Ita Healy, Michael Heery, Avril Hevey, Brenda Keyes, Marie O'Brien, Peggy Quinn, May Ryan, Frank Sheridan, Charlie Smith, John Tobin, Tommy Tuite, Rosario Wall and Seamus Walsh, all of whom work tirelessly on behalf of older people in County Meath.

In conclusion, I really do hope that everyone will find the information contained in this booklet to be both useful and informative, as a reference guide it should be kept close to hand.

Thank you

Jim Matthews

Chairperson

Meath Laterlife Network

Background to the Roadshow Events

The inspiration for the HOME Roadshow came from our consultations with people over 55 throughout the County in which people expressed their concerns about various aspects related to being able to live as long as possible in their own homes. Issues such as safety and security, access to home help packages, grants to adapt their homes and options around downsizing if and when the need arises.

Supported by funding provided by the Community Foundation for Ireland and Meath Partnership, Meath Laterlife Network organised a series of Roadshow seminars in each of the six Municipal Districts of Meath throughout 2017. These Seminars aimed to provide information and advice for over 55s on staying healthy, feeling safe and enjoying life in their own home.

Five themes were specifically addressed during the Seminars: Health; Wellbeing; Safety & Security; Living at Home and Leaving Home, with a panel of experts in a range of related topics who were available at each Roadshow Seminar to answer questions and provide information on the various services available throughout County Meath.

One of the goals of Ireland's National Positive Ageing Strategy is to **'Enable people to age with confidence, security and dignity in their own homes and communities for as long as possible'**.

In taking up this goal the Meath Laterlife Network HOME Roadshow Seminars aimed to inform older people living in County Meath about the services and supports available locally; and to encourage them to be active in maintaining their own health and well-being.

In this booklet you will also find a list of organisations that can provide further information, advice and support on a wide range of relevant topics. We have also listed a range of information leaflets, books and posters which are available free of charge from the Health Promotion Department of the HSE (www.healthpromotion.ie)

Meath Laterlife Network is very grateful to all of the organisations and agency experts who gave of their time and energy to contribute to the Roadshow Seminars and facilitated those who attended the opportunity to ask questions, find out about services and grants available and how to make contact:



Kells Roadshow

- Health Service Executive (HSE)
- Dementia Outreach Team
- Meath Sports Partnership
- Locallink (Flexibus)
- Gaelic Athletic Association (GAA)
- Garda Síochána
- Muintir na Tíre
- Meath County Council
- South Meath Social Economy
- Support & Advocacy for Older People (SAGE)
- Citizens Information Centre

Meath Laterlife Network

Background to the Laterlife Network

The need for an Over 55's Network became apparent in Meath following a baseline study of over 600 older people resident in the county in 2011. The 'Shaping the Future' report found a need for a county-wide structure to facilitate interaction, dialogue and connections between agencies, service providers and older people in the county. There was great support for the establishment of the Network by all service providers in Meath, in particular Meath County Council and the Age Friendly County Initiative and in early 2012 Meath Partnership secured LEADER funding to support the establishment and growth of the Network.

The first Laterlife Network formative event took place in the Ardboyne Hotel on Monday the 9th of July, 2012. Since then an Executive Committee of 19 representatives have been elected by the Laterlife Network members to represent the Network and progress its aims and objectives. The Executive Committee meets monthly and the larger Network meetings take place three or four times throughout the year. Anyone aged 55 and over in Meath is welcome to become a member of the Laterlife Network and attend these events. The Laterlife Executive Committee consists of:

- 2 members representing each of Co Meath Municipal Districts
- 1 representative from Active Retirement Ireland
- 1 representative from the Men's Shed Project
- 1 representative from the Irish Countrywoman's Association
- 1 representative from the Gaelic Athletic Association (GAA)
- 2 representatives from the Health Service Executive (HSE)
- 1 representative from the Irish Farmers Association (IFA)
- 1 representative from Public Nursing Homes
- 1 representative from Private Nursing Homes
- 1 representative from Alzheimer's Society
- 1 representative from Third Age

Aims of the Laterlife Network:

The aims set by the Executive Committee for the Later Life Network are:

- Create a place where the voices of over 55's are heard
- Develop the capacity of older people to decide priorities, shape objectives and deliver actions to bring about change
- Guide and advise Meath Partnership and its collaborative partners on strategies and actions to improve the quality of life of over 55's in the county
- Promote a positive image of over 55's showcasing their skills, talents and knowledge in making Meath an Age Friendly County
- Act as a communication resource for over 55's in terms of information sharing, access to service providers and presentations on issues that affect its membership
- Play a representative role on the Age Friendly County Alliance and assist the Alliance in delivering on its objectives



Participant in Summerhill Roadshow:

*Very worthwhile concept.
Should be run annually.*



Meath Partnership

Meath Partnership is a well-established Local Development Company with a strong track record and has been in operation since 1995. While the company's principal area of operation is the geographical area of Co Meath, certain aspects of the company's operations have national application and others see the company in operation across the EU 28. As a not for profit entity with charitable status Meath Partnership is well positioned to focus the entirety of its resources on high level programme delivery, on the specific needs of clients and in meeting the requirements of the contracting authorities with whom it engages. Meath Partnership specialises in the fields of social inclusion, local development, training and education, associated research at the European level and the delivery of employment related schemes and initiatives targeting disadvantaged youth and the unemployed.

Meath Partnership,

Unit 7 Kells Business Park, Cavan Road, Kells, Co Meath A82 T3V5.

Tel: +353 46 9280790 E: info@meathpartnership.ie

Web: www.meathpartnership.ie

The Community Foundation for Ireland

The Community Foundation for Ireland, **Older Persons' Fund** is designed to promote the civic engagement of older people, as a means of working towards making a difference in their communities. The Fund builds on the CFI's long standing engagement and commitment to supporting older people in their communities. The Older Person's Fund seeks to realise the benefits of this changing demographic by building a long term sustainable fund to support older people's voices at a local and national level and their capacity to engage fully in all strands of society.

The Community Foundation for Ireland,

3rd Floor, Phibsborough Tower, Phibsborough Road, Phibsborough, Dublin 7

Tel: + 353 1 874 7354

www.communityfoundation.ie

Meath Age Friendly Alliance and Strategy

The Meath Age Friendly County Programme was launched in 2011, and operated under a five year strategy which began in 2012. The programme is hosted under the leadership of Meath County Council Chief Executive, Jackie Maguire and operates within the World Health Organisation framework. The Age Friendly Cities and Counties Programme is now active in all 31 local authorities in Ireland, aiming to make our country a truly great place in which to grow old. The programme is built on the recognition of the valuable role that older people can and should play in shaping their communities for the better by asking them to participate in the decision making process and being responsive to their suggestions. The strategy has been developed by the Meath Age Friendly Alliance in consultation and co-operation with older people in Meath.

The strategic alliance is a voluntary partnership which was formally established in 2011 and is chaired independently by Mr. Michael Finnegan. It is made up of senior personnel across multi sector agencies that promote a positive approach to ageing, and includes representatives of the Meath Older People's Council. Members are made up from representatives from the following agencies: Meath County Council; Health Service Executive; An Garda Síochána; Louth Meath Education & Training Board; Third Age; National University Ireland Maynooth; Meath Partnership; Local Link Transport Co-Ordination Unit; Netwell CASALA and Meath Laterlife Network. Each member organisation has given commitments in this strategy that will significantly help to improve the quality of life of the current population of older people in Meath and for future generations. An Age Friendly county has been described as a county that recognises the great diversity among older people and promotes their inclusion in all areas of life. It recognises that if you design with an older person in mind you will universally support all people of all ages and build a sustainable Ireland for all. Our ambition to be Age Friendly means that Meath will:

- Be a great place to live, work and grow older
- Ensure critical services are accessible and timely and delivered cost effectively and efficiently
- Have easily accessible public buildings, shops and services

- Incorporate older people's views into significant decision making processes
- Promote a positive attitude to ageing and address stereotypes about older people
- Create opportunities for older people to be engaged with their county socially, as employees and as volunteers

Meath Age Friendly Alliance

c/o Áine Bird, Community Section, Meath County Council, Buvinda House, Navan, Co Meath.

Tel: +353 46 9097400

E: aine.bird@meathcoco.ie



Participant in Kells Roadshow:

The presenters were excellent, willing to listen and answer questions. I found the morning most helpful. Thank you for providing the opportunity.



HEALTH AT HOME

Maintaining good health is important to us at any age, but probably never more so as we get older. There are a wide range of health services available in County Meath through the HSE as well as organisations providing support and information on many health related topics. At the back of this booklet there is also a list of other leaflets/posters/booklets which are available at no charge from the Health Promotion Department of the HSE (www.healthpromotion.ie).

HSE Public Health Nursing Services, Co. Meath.

The HSE community nursing service is provided by **Public Health Nurses (PHN) and Community Nurses (CRGN)**. The PHN has undertaken additional training to provide a maternal and child health service in the community.

The PHN and CRGN can provide:

- Health education and advice to clients and their carers
- Clinical nursing (Wound care , injections etc.)
- Rehabilitative and palliative care services.

PHN and CRGN's are based in Primary Care Health Centres and are part of the **Primary Care Team (PCT)**. The PCT consists of GP, Physiotherapist, Occupational Therapist, Podiatrist, Dietician, Speech and Language Therapist, Counselling and Social Workers. The team work together to deliver accessible health and social care services in a coordinated manner. Primary Care is often the first point of contact for the majority of people for health services and is delivered in the Health Centre or home setting for housebound clients.

The aim of the care provided is to work in partnership with clients to maximise fully on their health and well-being and to live safe and independent lives within their own communities. **Eligibility for** services for people over 65 years is generally based on those with a Medical Card. (GMS)

You can **contact** the Public Health nurse by :

- Directly referring yourself or family member by contacting the health centre at the number on the following page.

- Asking your GP to refer you to the PHN or any member of the PCT
- Hospital Referral on clients behalf
- Voluntary agencies can refer to your PHN or PCT.

Your Public health Nurse can **assess and refer** you to any of the Primary Care Team and also the following services:

- Day care assessments and applications
- Home Support assessments and applications (i.e. personal care needs only, not cleaning etc.)
- Respite assessment and application
- Continence assessment and ordering continence wear
- Assessment for nursing aids and appliances
- Assessment for Fair Deal process.
- Post hospital care
- Wound Care and Leg Ulcer management

Please contact Community Nursing Head Office Kells at 046 9251463 for details of your nearest Health Centre, Primary Care Team and Public Health Nurse.

Home Support Service

The **Home Support Service** helps to maintain older people to continue living in their own home.

It is a discretionary service for persons of 65 years and older provided in accordance with section 61 of the 1970 Health Care Act. We work with families to support older relatives at home from within our budget for as long as possible. A Home Support Worker (Carer) will assist with personal care only. This includes:

- Assistance with getting up out of bed
- Assistance with washing & showering
- Assistance with continence care, toileting
- Assistance with dressing, undressing
- Assistance with going back to bed
- Prompting or reminding to take medication
- Assistance with basic food & drink preparation

Home Support does not include:

- General housework such as cleaning, hovering, dusting & ironing
- Administration of medication or collection of prescriptions
- Transportation of clients to appointments etc.
- Shopping/ collection of pensions
- Sitting service

Assessment for Home Support

The initial home care package application form can be completed by the person seeking the service or by the family. Application forms are available from

<https://www.hse.ie/eng/home-support-services/>, your Public Health Nurse or The Home Support Department,
1st Floor, Beechmount Shopping Centre, Navan, Co. Meath.
Tel: 046 90 37782/81.

An assessment will then be carried out by either the hospital staff or by the Public Health Nurse (PHN)/ Community Registered General Nurse (RGN). The HSE use a standard assessment tool to determine the appropriate number of hours you may require to meet your needs. Each application is considered by a panel of HSE staff. Relevant document and medical reports may be used to inform the assessment panel. You will be advised of the decision made by the panel and may be placed on a waiting list, depending on resources available

Review Process

All home support hours are subject to regular review by the Public Health Nurse/ Community RGN. Hours may be increased or decreased depending on the revised assessment and on the available resources.

Appeals Process

The HSE appeals process “Your Service, Your Say” applies to all Home Supports Applications.

See www.hse.ie/eng/services/yourhealthservice. Email - yoursay@hse.ie or Phone the HSE info-line on 1850 24 1850

Meath Mental Health Services for Older People

It is estimated that one in four of us will experience some mental health problems in our lifetime. This can range from a low period, to more serious depression, and a small number of us will experience severe mental health problems. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for some advice. Most people are treated by the GP alone, unless more support, for example, therapy services, is required, in which case you may be referred to the Mental Health Service for Older People (MHSOP).

The Mental Health Service provides assessments of older adults (over the age of 65 years) who are experiencing mental ill health (e.g. Depression, anxiety, psychosis, dementia with behavioural and psychological symptoms). Clients are seen in their home/nursing home or at clinics which are situated in both North and South Meath. The service also runs groups for Anxiety Management, Psychology Skills Group and lifestyle groups and has access to a Cognitive Behaviour Therapist (CBT) and Family Therapist.

The office for Mental Health Services for Older People in South Meath (Ashbourne, Clonee, Dunboyne, Dunshaughlin, Ratoath, Rathfeigh and Kiltale) is:

Singleton House, Laurence Street, Drogheda.

Phone 041 989 3413.

The remainder of the county is covered by
An Ré Orga, Kennedy Road, Navan, Co. Meath
(046) 9059002.

To access mental health services you must be referred by your own GP who should be your first port of call if you are worried about your mental health. There are other voluntary organisations that can provide information and support – The Alzheimer’s Society, SOSAD – their contact details are listed in the Directory at the back of this booklet.



Julianstown Roadshow

■ WELLNESS AT HOME

Staying active and keeping in touch with friends, family and neighbours is vitally important in promoting a feeling of wellbeing. There are lots of opportunities in County Meath to keep yourself fit and healthy either at home or as part of a group. Rural transport for social outings or hospital appointments is provided by Local Link (formerly Flexibus). Meath Sports Partnership and the GAA's Health & Wellbeing programme also offer opportunities for enjoyment and physically activity.

Meath Local Sports Partnership

Meath Local Sports Partnership provides a leadership role for the co-ordination, development and delivery of sport and physical activity opportunities in County Meath.

Our vision is for an 'Active Meath – More People, More Active, More Often'. Meath LSP aims to increase participation in sports and physical activity throughout County Meath by:

- Supporting quality sports and physical activity opportunities.
- Connecting people with sports and physical activity.
- Making best use of County Meath's sports and physical activity resources.

Meath LSP has a specific remit to get older people active. We provide a wide variety of activities for older people. If you or your group are interested in getting active through physical activity or game based programmes contact

Ruairi Murphy on 046-9067337 or email; rmurphy@meathcoco.ie .

Local Link / Flexibus

Flexibus manages rural transport in Louth, Meath and Fingal. The service is for everyone who lives in the area and they accept the Free Travel Pass or you can also pay. They pick up door to door on request and always welcome new passengers. If a regular service is needed in your area, contact them on any of the numbers below and they may be able to provide it.

Flexibus services are available for:

- Anyone in rural areas with limited access to shopping, banking, post office and social activities (regardless of age)
- Hospital appointments
- People with disabilities and older people who need accessible transport
- Self- Drive for Community Groups

To travel on an existing service phone 046 907 4830 / 1800 303 707.

Flexibus operate the **Meath Volunteer Car scheme**, which involves volunteering your time and using your car to bring people to hospital appointments – people who currently have no way of getting to their appointment.

Contact Helen on 046 907 4830.

Meath GAA Health and Well-Being

There are 59 GAA clubs in Meath, 46 of which have trained Health & Well-being Officers (HWO) and by 2018 all clubs will have a trained HWO. Our aim is to help and develop the health and well-being of all members of the communities in which we are situated at every stage of life. We do that by helping clubs deal with health and well-being issues as they arise and by maintain close links with other community organisations such as Jigsaw, Meath Local Sports Partnership and the Meath Laterlife Network.

Meath GAA has adopted the GAA “Critical Incident Response Plan” which has been distributed to all clubs. It is an essential document and will assist all clubs and members in dealing with a crisis. Many clubs in Meath are now involved in Health club projects. The areas and activities are varied and not necessarily involved in the playing of games. For example we have organised outings to Croke Park for mature members and will host various health promotion events in the county in future.

The Meath GAA website features health and well-being prominently and all clubs will receive a specially commissioned Notice Board for display giving essential Health & Well-being information and contacts.

Meath GAA Health & Wellbeing Committee is comprised of Andy Fahy, Ratoath, Chairman, Brian Carberry, St. Vincents , Ardcath, Vice –Chairman, Liz Lacey, Moynalty, Secretary, Jim Mullery, Slane, Eunice Murtagh, Navan O’Mahony’s, Sean Dolan, Moylough, Jimmy Kelly, St Colmcilles, Andy Ogle, Trim, and Louise Farrelly, Kilmainham. Contact any of the above for more information locally, or county-wide at:

GAA, Dunganny Centre of Excellence, Dunganny, Trim, Co. Meath.
Phone 046 902 2780, email administrator.meath@gaa.ie.
www.meath.gaa.ie



Design for the young and you exclude the old; design for the old and you include the young



■ SAFETY AND SECURITY AT HOME

Feeling safe and secure in our own home is very important – particularly if we are living alone or are frail and less mobile. There is a lot we can do ourselves to ensure that our homes are secure and the Garda Crime Prevention Officer can advise on all issues related to home security. Community Alert is a programme organised by voluntary groups, the Gardai and Muintir na Tíre. In terms of personal security, the Senior Alert Scheme is available throughout the county with a grant scheme in place to provide personal alarms.

Garda Síochána

Sergeant Dean Kerins is the Garda Crime Prevention Officer for Co. Meath based in Navan. Part of the role of the Crime Prevention Officer is to offer advice in relation to all aspects of Home Security and Personal Safety. Sgt Kerins is available at any time to carry out home security surveys and will offer advice with best practices in mind. Sgt Kerins can offer advice for anybody wishing to upgrade their existing security systems and will come up with solutions and options to achieve this.

If there are any concerns in relation to an older person and their safety he has twenty five years of experience in dealing with these queries and can offer advice on how to improve their overall safety and security. Sgt Kerins can be contacted through the following ways:

Tel: + 353 46-9036314;

Mob: +353 87-0601702;

E: dean.h.kerins@garda.ie or through the Meath Crime Prevention Facebook

Page: www.facebook.com/MeathCrimePrevention

Muintir Na Tíre: Community Alert

Community Alert is a community programme organised by voluntary groups in association with Muintir an Tíre and An Garda Síochána. It is about creating and maintaining a safer and caring community. It aims to allay fear and reduce feelings of isolation.

This is achieved through creating a culture of being a good neighbour and being alert - if you see something suspicious call the Gardai. It seeks to be relevant to the needs of communities by developing local solutions. These measures include installing socially monitored alarms through the Seniors Alert Scheme, Text Alert, Befriending services, Community Based CCTV, getting to know your neighbours, raising awareness of crime prevention measures, social events, property marking, etc.

Community Alert in Meath has a very strong presence with Community Alert groups in all of the Garda districts. These groups make a tremendous contribution to community safety in the county and work closely with An Garda Síochána

Muintir na Tíre, the national organisation promoting community development in Ireland, has its headquarters in Tipperary town and a team of development officers who cover the country. The Development Officer for the Midlands Region is Conor O'Leary and he can be contacted at:

086-6000753 or conor@muintir.ie

Seniors Alert Scheme (Personal Alarm)

The Seniors Alert Scheme provides grant support for the supply of equipment that enables older people of limited means to continue to live securely in their homes with confidence, independence and peace of mind. Older people (over 65) can get a free personal alarm or pendant. You can wear the alarm as a pendant or around your wrist like a watch. When pressed it connects wirelessly to a base unit, usually attached to a phone. The base unit immediately sends a call to a 24 hour monitoring service.

The scheme is run by Pobal, a not-for-profit organisation that manages programmes on behalf of the Irish Government and the EU. A grant to purchase a personal alarm is made available through community, voluntary and not-for-profit organisations in every county. There is a fee for on-going monitoring of the alarm.

For further information on the Senior Alert Scheme or to apply for a grant contact:

Homelife Meath

Unit 4 Scurlockstown Business Park, Trim, Co Meath

Phone (046) 9437282 or via email: info@homelifemeath.ie

■ LIVING AT HOME

Our housing needs change over the course of our lifetime. What may have been suitable accommodation for a family with children, may not meet our needs as we get older. There are many adaptations that can be made to a home to make it more suitable for us and listed below are some of the grants and schemes available through Meath County Council. Homelife Meath also provides Garda-vetted tradesmen for home maintenance services.

Housing Grants

Meath County Council administers a number of Grant Schemes for people with mobility difficulties and also older people living in poor housing conditions to upgrade their houses. Applications are prioritised on the basis of medical need and will be subject to the availability of funding. Evidence of household income and property tax is required for all applications

Mobility Aids Grant Scheme

The Mobility Aids Housing Grant is available to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. The works grant aided under the scheme include:

- Grab-rails
- Access Ramps
- Level Access Shower
- Stair-lift; and Other minor works deemed necessary to facilitate the mobility needs of a member of a household

Gross income cannot exceed €30,000. Works are 100% funded by the Mobility Aids Grant Scheme up to a maximum of €6,000. You must get at least one written quotation for the work. All applications are based on medical need.

Housing Adaptation Grant for Older People and People with a Disability Grant Scheme

The Housing Adaptation Grant For People With A Disability is available to assist in the carrying out of works which are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability who has an enduring physical, sensory, mental health or intellectual impairment. The type of works grant aided under the scheme includes:

- Conversion of living space into bedroom or bathroom
- Bathroom extension

Maximum amount of the grant is €30,000 and works are 95% funded whichever is the lesser amount. The grant is worked out on income (means tested) and whichever is the cheapest quote. No grant is payable if income exceeds €60,000. You must get at least two written quotation for the work. All applications are based on medical need.

Housing Aid for Older People Grant Scheme

The Housing Aid For Older People Grant is available to assist older people 66 years of age (or over) living in poor housing conditions to have necessary repairs or improvements carried out. The types of works grant aided under this scheme include:

- Re-wiring
- Replace windows and doors
- Chimney falling in
- Plumbing
- Heating where none exists

Applicants must be 66 years and over to apply. The maximum grant is €8,000 and it is 95% funded up to an income level of €30,000 after which it is means tested. At least one written quotation for the work is required. All applications are based on medical need.

General Information:

Applicants who are seeking a grant for anything that is available from the Sustainable Energy Authority of Ireland (SEAI) e.g. roof insulation, wall insulation, boiler and heating control upgrades, solar panels, etc. should contact the Sustainable Energy Authority of Ireland (SEAI) - Tel: 1850 927000 for more information, as these works will not be grant aided under the Housing Grants Schemes.

To apply for any of these grants contact the Housing Department at 046 9097256/9097271/9097259 or email: HousingGrants@meathcoco.ie

HomeLife Maintenance Meath

Our organisation has years of experience and proven reliability in providing a quality, affordable household maintenance, refurbishment and repair service, along with a handyman service. These services are aimed at seniors, at people living in the community with reduced mobility / disabilities, and to community organisations throughout County Meath. HomeLife Meath also undertakes Grant supported works available through Meath County Council for clients availing of housing adaptations, mobility aid grants and assists with the application process. Our services support people to remain living independently at home and remain part of their local community. We also work in conjunction with Helplink South, registered Provider of 24 hour monitored personal alarms / pendants under the Senior Alert Scheme (SAS).

Contact our office (046-9437282) if you are interested in obtaining these items.

Our staff provide a range of services with a *'one point of contact and service delivery'* streamlining these services at an affordable cost. Service users feel safe and confident in using our services, that work will be carried out efficiently by staff who are competent, multi skilled, health & safety trained, fully tax compliant, with minimal intrusion, **by staff that are Garda vetted and fully insured.**

We work closely with Community Healthcare staff, OTs, Social Workers, HSE, Community Groups, Meath County Council, Active Retirement Groups,

Friendship / network groups, Citizen Information Services, Vincent de Paul etc. Our vans are sign written, we have a physical building where clients are welcome, a landline phone, together with a mobile and also email contact.

The range of home maintenance services and also handyman jobs around the house we provide include:

House Painting House Cleaning; Roofing Maintenance; Carpentry ; Plumbing; Power-washing; Tiling (floor/walls); Disability Bathrooms; Wet Rooms; Bathroom conversions; Ramps / mobility aids; Window Cleaning; Garden Maintenance ; Paths / fences ; Gutters Cleaned; Facia / soffit repairs; Erect Curtain poles etc.; Insulation; Plastering; House extensions; Grant related works

Martha / Kay are happy to assist with any query you may have.

Phone 046-9437282, (Monday to Friday).

HomeLife Meath

Unit 4 Scurlockstown Business Park

Trim, Co. Meath.

Tel. 046-9437282

email: info@homelifemeath.ie



Participant in Summerhill Roadshow:

*Very useful, lots of information,
good guide to entitlements.*



LEAVING HOME

For some people leaving home may be the start of a new chapter in life. It may be a decision to down-size from a former family home to something more suitable for our needs in later life. We might decide to move in with a family member for health or financial reasons. Or a nursing home might be our next move. Whatever the reason, it is not a decision taken lightly and once again there are support and advice services in place to help us to make the right move.

Nursing Homes Support Scheme – Fair Deal

The Nursing Homes Support Scheme, also known as the “Fair Deal”, provides financial support to people who need long-term nursing home care. The scheme is operated by the Health Service Executive (HSE).

Under this scheme, you make a contribution towards the cost of your care and the State pays the balance. The scheme covers approved private nursing homes, voluntary nursing homes and public nursing homes. You can get the list of approved nursing homes from the HSE. Anyone who is ordinarily resident in the State and is assessed as needing long-term nursing home care can apply for the scheme.

When you apply for the scheme your care needs are assessed to confirm that long-term nursing home care is the most appropriate option for you.

Your financial situation is also assessed to see how much you will have to contribute towards your nursing home fees. If your contribution is less than the amount of the fees, the HSE will pay the rest.

Assets, such as savings and property, are taken into account when assessing your financial situation. You can apply for the Nursing Home Loan if you want to defer making the part of your contribution that is based on your home or other property.

For further information contact
Nursing Homes Support Office,
Unit 3, Ardee Business Park, Hale Street, Ardee, Co. Louth.
Phone 041 687 1525

Sage Advocacy

Sage Advocacy is a free, confidential and independent service for all who need advice and support. Their motto is – “nothing about you, without you”. Sage Advocacy works to promote and support the rights of vulnerable adults and older people across all settings - hospitals, nursing homes and community. Some people may lose their ability to make and communicate decisions as a condition, such as dementia, develops over time. Some are abused and exploited because of their vulnerability. In circumstances where people may be vulnerable, or have to depend on others, there is a need to ensure that their rights, freedoms and dignity are promoted and protected. Through support and advocacy the will and preference of a person can be heard and acted on; independently of family, service provider or systems interests.

The work of Sage Advocacy includes:

- Advocating for adequate Home Care Packages and for a comprehensive and equitable system of home care support and oversight of home care providers.
- Challenging unnecessary restrictions on people’s liberties and the use of ‘convenience medication’.
- Promoting self-advocacy and professional development through workshops on capacity and decision making, enduring power of attorney and advance healthcare directives.
- Supporting people to return home from hospital or care centre.
- Assisting people to maintain control of their income, benefits or property.
- Supporting family members in organising care for people with advancing dementia.
- Advocating with and for people with intellectual disabilities who are trying to develop a life with meaningful activities after they leave a congregated setting.
- Observing or facilitating meetings of residents, family members or staff in nursing homes.

When urgent support is required an experienced Sage Representative can be available within 24 hours. **INFORMATION & ADVICE RAPID RESPONSE SERVICE** Phone: 1850 71 94 00 8am to 10pm daily.

Head Office: Sage Advocacy,
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General Enquiries: 01 536 7330;
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www.sageadvocacy.ie



Dunshaughlin Roadshow

Useful leaflets/booklets/posters

The following is a list of resources – leaflets, brochures, posters etc – which are available from www.healthatno.com at no cost and which you might find useful for yourself or your organisation.

Leaflet	Order Code	Description	Available from
10 Burning Questions About Shingles	N/A	Shingles	www.healthbrochures.ie
A3 Antibiotic Poster	HCU00777	Poster to support the 2012-13 campaign	www.healthpromotion.ie
About Bodywhys	N/A	Eating Disorder Support	www.healthbrochures.ie
About Breast Screening	N/A	Women's Health	www.healthbrochures.ie
About Eating Disorders	N/A	Eating Disorder Support	www.healthbrochures.ie
About Your Free Smear Test	N/A	Women's Health	www.healthbrochures.ie
Alzheimer National Helpline Poster	N/A	Alzheimer's Support	www.healthbrochures.ie
Alzheimer National Helpline Wallet Card	N/A	Alzheimer's Support	www.healthbrochures.ie
Alzheimer Society of Ireland Information Leaflet	N/A	Alzheimer's Support	www.healthbrochures.ie
Antibiotic Misuse leaflet	HCU00532	Leaflet for the general public about use of antibiotics.	www.healthpromotion.ie
Applied Suicide Intervention Skills	HSP00641	Flyer providing details about the ASIST Suicide Prevention Training	www.healthpromotion.ie
Asthma Management Plan	NCA0810	Leaflet for use by patients with asthma for recording and monitoring.	www.healthpromotion.ie
BMI chart	HPM00782	BMI chart used to determine an individual's Body Mass Index.	www.healthpromotion.ie
Breast Pain A Guide for Women	N/A	Women's Health	www.healthbrochures.ie
Breastcheck Wallet Card	N/A	Women's Health	www.healthbrochures.ie
Bringing Positive Change	N/A	Brain Injury Support	www.healthbrochures.ie

Chair based exercise programme	HPM00487	Resource on Physical activity for Older People with restricted mobility.	www.healthpromotion.ie
Claimant Guide	N/A	Injuries Board	www.healthbrochures.ie
Concerned about Suicide	HSP00637	This leaflet has helpful information for anyone concerned about suicide.	www.healthpromotion.ie
Confidential Recipient Poster	HNC00964	Contact details for Leigh Gath's Confidential Recipient Service.	www.healthpromotion.ie
Connecting for Life	HME00945	Ireland's National Strategy to Reduce Suicide 2015-2020	www.healthpromotion.ie
Dementia - A kind word	HNC01046	Dementia Awareness Poster - A kind word	www.healthpromotion.ie
Dementia - Caused by disease	HNC01044	Dementia Awareness Poster - Caused by disease	www.healthpromotion.ie
Dementia Awareness Posters	HNC01030	This promotes awareness of Dementia	www.healthpromotion.ie
Dementia Awareness Stickers	HNC01032	This gives some awareness about Dementia	www.healthpromotion.ie
Diabetes - High Risk	HWB00799	Poster	www.healthpromotion.ie
Diabetes - Low Risk	HWB00797	Poster	www.healthpromotion.ie
Diabetes - Medium Risk	HWB00798	Poster	www.healthpromotion.ie
Don't just worry about memory loss – Do something	N/A	Alzheimer's Support	www.healthbrochures.ie
Flu Vaccine Shelf Wobbler	N/A	Influenza Information	www.healthbrochures.ie
Forget me Not	N/A	Alzheimer's Support	www.healthbrochures.ie
General Dementia Flyer	HNC01069	Information about the Understand Together campaign.	www.healthpromotion.ie
Generic Medicines and Reference Pricing	HNC00848	Public information guide on generic pricing and reference pricing.	www.healthpromotion.ie

Get active go walking	HPM00832	DL size leaflet promoting walking	www.healthpromotion.ie
Get active on your way	HPM00834	DL size leaflet promoting the benefits of active travel	www.healthpromotion.ie
Get active your way	HPM00542	Useful advice and information about physical activity	www.healthpromotion.ie
Getting What You Need After a Brain Injury	N/A	Brain Injury Support	www.healthbrochures.ie
Guide to Diabetic Retina Screening	N/A	Diabetes Support	
Having your Prostate Checked	N/A	Men's Health	www.healthbrochures.ie
Headway Services and Support for people	N/A	Brain Injury Support	www.healthbrochures.ie
Healthy Food for Life	HPM00796	The Food Pyramid guide to every day food choices for all.	www.healthpromotion.ie
Healthy Travel Booklet	N/A	Healthy Travel Information	www.healthbrochures.ie
HIGH risk of developing foot problems	NCP00799	For people with diabetes at High risk of developing foot problems	www.healthpromotion.ie
HIV Information Leaflet	HPM00668		www.healthpromotion.ie
HSE-ICGP Weight Management Treatment	HPM00781	Interpreting BMI and identifying lifestyle triggers for weight gain.	www.healthpromotion.ie
I have dementia.... First steps after diagnosis	N/A	Alzheimer's Support	www.healthbrochures.ie
Infection in Sport	N/A	Sport Injuries	www.healthbrochures.ie
Know the ABCs for being Cancer Aware	N/A	Cancer Support	www.healthbrochures.ie
Know the facts about drugs	HPM00053	Facts about Drugs with information about drugs and drug use.	www.healthpromotion.ie
LGBT People in Rural Ireland	HSP00850	Promoting mental health of LGBT farmers and people living in a rural area	www.healthpromotion.ie

Living Well with Pre-Diabetes	HWB01073	This booklet provides advice for people with pre-diabetes.	www.healthpromotion.ie
Living well with Type 2 Diabetes	N/A	Diabetes Support	www.healthbrochures.ie
Living with Dementia	N/A	Alzheimer's Support	www.healthbrochures.ie
Looking after your mental health in tough economic times - info card	HSP00546	Credit card size information card giving information and advice about maintaining good mental health in tough economic times.	www.healthpromotion.ie
Looking after your mental health in tough economic times - leaflet	HSP00545	Information about maintaining good mental health in tough economic times	www.healthpromotion.ie
Men & Alcohol Awareness Poster	HNC01077	Awareness of the impact of alcohol on your health and wellbeing	www.healthpromotion.ie
Men & Eating Disorders	N/A	Eating Disorder Support	www.healthbrochures.ie
Men and alcohol information leaflet	HNC01048	Provides information about alcohol and its impact on health.	www.healthpromotion.ie
Mental Health & Older people	HSP00547	Leaflet about looking after mental for older people	www.healthpromotion.ie
MYTH Flu is just a bad cold, A3 Poster	N/A	Influenza Information	www.healthbrochures.ie
MYTH Flu is only dangerous for the elderly, A4 Poster	N/A	Influenza Information	www.healthbrochures.ie
NEW* Adult Food Pyramid Poster - Advice Version	HPM01040	Hard copies available in A3 but downloadable in any size.	www.healthpromotion.ie
NEW* Adult Food Pyramid Poster - Irish	HPM01040GA	A3 Poster - Irish	www.healthpromotion.ie
NEW* Adult Food Pyramid Poster - Simple	HPM01040SV	Hard copies available in A3 but downloadable in any size.	www.healthpromotion.ie
Ovarian Cancer: Know your Body	N/A	Women's Health	www.healthbrochures.ie
PEP and YOU	HMH00925	Post Exposure Prophylaxis (PEP) for sexual exposure to HIV.	www.healthpromotion.ie

Physiotherapy & the Pelvic Floor Muscles	N/A	Women's Health	www.healthbrochures.ie
Pneumococcal Disease Awareness	N/A	Vaccines	www.healthbrochures.ie
Practical Tips for Living Well with Dementia	N/A	Alzheimer's Support	www.healthbrochures.ie
Quit - A guide to quitting smoking	HQS00346	Quit - A guide to quitting smoking	www.healthpromotion.ie
Report Of The Mental Health Reference Group	HMT00982	Outlines the main recommendations of the Reference Group.	www.healthpromotion.ie
Respondent's Guide	N/A	Injuries Board	www.healthbrochures.ie
safeTALK leaflet	HSP00806	Information leaflet on the safeTALK suicide prevention alertness course	www.healthpromotion.ie
Self Help	N/A	3TS Turn Tide of Suicide	www.healthbrochures.ie
Self-harm and young people: An information booklet for parents & concerned adults	HSP00635	Booklet for parents on deliberate self-harm	www.healthpromotion.ie
Shingles Disease Awareness	N/A	Shingles	www.healthbrochures.ie
Straight Talk	HPM00402	A useful guide for parents on how to deal with teenage alcohol use.	www.healthpromotion.ie
Suicide Prevention in the Community	HSP00849	Guide for groups coming together to respond to suicide in their community	www.healthpromotion.ie
Supporting Someone with an Eating Disorder	N/A	Eating Disorder Support	www.healthbrochures.ie
Testing for Type 2 Diabetes	HDP00976	A self-test and what to look for when testing.	www.healthpromotion.ie
The back care book	HPM00207	An A5 guide to keeping your back healthy.	www.healthpromotion.ie
The Flu, Takes No Prisoners	N/A	Influenza Information	www.healthbrochures.ie
The IHF Step Challenge Card	HPM00995	Records the Steps/minutes over a 5 week period.	www.healthpromotion.ie

The IHF Step Challenge Co-ordinators Guide	HPM00996	Guide to help organise a programme in the workplace.	www.healthpromotion.ie
Thrush & Cystitis A Guide to Prevention & Treatment	N/A	Women's Health	www.healthbrochures.ie
Tobacco Cessation Support Programme	HPM01059	Structured behavioural support programme for smoking cessation.	www.healthpromotion.ie
Travel Awareness Shelf Wobbler	N/A	Healthy Travel Information	www.healthbrochures.ie
Understanding Overactive Bladder	N/A	Bladder Control	www.healthbrochures.ie
Understanding People with a Brain Injury	N/A	Brain Injury Support	www.healthbrochures.ie
Understanding Self-Harm Flyer	HSP00961	The Understanding Self-Harm Flyer	www.healthpromotion.ie
Wellness@work	N/A	Mental Health	www.healthbrochures.ie
What is an Acquired Brain Injury?	N/A	Brain Injury Support	www.healthbrochures.ie
Women & Alcohol Awareness Poster	HNC01076	Awareness of the impact of alcohol on your health and wellbeing	www.healthpromotion.ie
Women and alcohol information leaflet	HNC01049	Provides information about alcohol and its impact on health.	www.healthpromotion.ie
You Are Not Alone	HSP00493	Booklet providing advice on coping with the death of someone close	www.healthpromotion.ie
Your family and alcohol information leaflet	HNC01050	Provides information about alcohol and its impact on health.	www.healthpromotion.ie
Your Mental Health	HSP00480	An A5 booklet giving advice on how to look after your mental health.	www.healthpromotion.ie
Your mental health - LGBT	HSP00631		www.healthpromotion.ie



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SICAP
Social Inclusion & Community Activation Programme



**meath
partnership**

engage • enable • participate • progress

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