If you or someone that you know has been diagnosed with dementia then you are probably looking for advice and information

The information in this leaflet covers useful practical and lifestyle issues that could make it easier to live well with a dementia

€ Money

Having your finances organised can remove a lot of stress from your life. The free Money Advice and Budgeting Service (MABS) provide advice on a range of issues. Contact them on their helpline: 0761 07 2000 or download information leaflets from: https://www.mabs.ie/publications/

Social Welfare

If you are diagnosed, or care for someone with a dementia you may be entitled to social welfare payments. These include:
- Illness Benefit and Invalidity Pension
- Disability Allowance
- Supplementary Welfare Allowance
- Carers Allowance

You might also be eligible for help with medical costs:
- Long Term Illness Scheme
- Medical Card or GP visit card

Apply to your local health office for these schemes

Legal Matters

Making sure that your legal affairs are in order can bring peace of mind.
- Will – ensure that you have a valid and up-to-date will
- Enduring Power of Attorney – approach a solicitor if you want this additional security. Ask the solicitor to give you the full cost of both making and registering an Enduring Power of Attorney
- Ward of Court – if a person is unable to manage their own affairs an application can be made to the courts to make this person a Ward of Court
- Legal Aid – can be available for Enduring Power of Attorney
- Family Mediation Service – can help with family disputes e.g. siblings and care of elderly parents
Driving
It is important that you are properly *insured* and *medically fit* to drive
- Inform your insurance company of your diagnosis
- Ask your GP/doctor to complete a Medical Report Form D501 (they may ask you to have an *on-road driving assessment* with an RSA qualified driving instructor)
- Complete a Driving Licence Application form
- Present in person at your local NDLS centre with the Driving Licence Application form, Medical Report Form D501, proof of PPS No. and your driving licence
- Stop driving if you, or others, have concerns about your ability

Employment
If you are in employment it is vital that you are aware of your *legal rights*
- You *cannot* be dismissed from work because you have a diagnosis of dementia
- You have *legal rights* preventing *discrimination* under the Employment Equality Acts
- Employers are legally obliged to make *reasonable accommodations* for staff with disabilities
- If you are unable to continue working, or if you want to stop working, take professional advice *before* you act

Useful places for advice and information

**Citizens Information**
- Get information by phone 0761 07 4000
- Get information from their website [www.citizensinformation.ie](http://www.citizensinformation.ie)
- Visit your local Citizens Information Centre

**Free Legal Advice Centres**
- Get information by phone 1890 350 250
- Get information from their website [www.flac.ie](http://www.flac.ie)
- Visit your local Free Legal Advice Centre

**Alzheimer Society of Ireland**
- Get information by phone 1800 341 341
- Get information from their website [www.alzheimer.ie](http://www.alzheimer.ie)
- Visit your local Alzheimer Society office, support group or day centre

**Dementia Services Information and Development Centre**
- Get information by phone 01 416 2035
- Get information from their website [www.dementia.ie](http://www.dementia.ie)
- Arrange to visit the centre

[Logo] Mercer's Institute for Successful Ageing
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**Public Health Nurse**
- Basic nursing care
- Advice and Information
- Access to local services: home help, meals-on-wheels, day care, respite care
- Contact your local health centre

**Home Care Package**
- Medium to high care support needs
- Support to live at home independently
- Individually tailored packages
- May include: home help services, nursing, therapists, appliances
- Not means tested
- Primarily for older people but can be used with people with young onset dementia
- Apply to your Local Health Office

**Nursing Home Support Scheme**
- Financial support for people requiring long term nursing home care
- 3 step application process:
  - Care Needs Assessment: determines whether you require long term care
  - Application for State support: a Financial Assessment determines how much you will pay
  - Nursing Home Loan application: if you wish to defer paying your contribution
- [www.hse.ie](http://www.hse.ie)

**Alzheimer Society of Ireland**
- Advice and Information
- National Helpline tel: 1800 341 341
- Day care
- Respite care
- Carer Support Groups
- Social clubs
- Dementia Advisors
- [www.alzheimer.ie](http://www.alzheimer.ie)
The Carers Association
- Home Respite Service
- Support Groups
- National Helpline tel: 1800 24 07 24
- Advice and Information
  - www.carersireland.com

Caring for Carers
- Home Respite Service
- Support Groups
- Telecare services
- Seniors Alert Scheme
- Friendly Call Service
- Home Library Service
- Tel: 065 686 6515
  - www.caringforcarers.ie

Alzheimer Café
- Advice and Information
- Supportive environment
- Social gathering
  - www.alzheimercafe.ie