

Information prescription

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



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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
- 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
- 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
- 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
- Arrange to visit the centre



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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



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



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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

Local Information



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