

# **Caring for Carers Ireland**

## **17TH Annual Respite Break and Conference**

**Clare Inn, Dromoland, Co. Clare from the 7th-9th March 2008**

*Conference Theme: "The Future of Long term Care in the Community: How to meet the needs of the Family Carer"* promises to spark insightful debate. In light of the current consultation which will lead to the National Carers' Strategy 2008 to 2016, the outcomes of this Conference will be timely and significant.

*Speakers will include:*

**Prof, Brendan Drumm CEO, Health Service Executive,**

**Ms. Laverne McGuinness, National Director, PCCC, HSE,**

**Ms. Marian Harkian MEP,**

**Brigid Barron, Founder President , Eurocarers,**

**Helen Kelly, Chair Person, Caring for Carers, Clare,**

**Mary McMahan, CEO, Caring for Carers, Ireland.**

Attendance will include over 500 Family Carers drawn from Caring for Carers Ireland national network of 90 Carers Groups throughout Ireland. Representatives of Health and Social Care Providers, Policy Makers and Decision Takers will also attend.

There are over 161,000 Carers in Ireland. Family Carers are dedicated people at all levels of society who care in the home for older people, people of all ages with disabilities and those with long term illness. Their role may involve a 24 hour day and a seven day week commitment without respite and often lacking sustainable financial help or support.

**Potentially, we may all be required to provide care for a family member at some stage in our lives. Yet, ultimately, we will all need care.**

**Family Carers experience high levels of stress and financial difficulties. Many express fears around their abilities to continue to provide care.**

**This Conference will provide an opportunity for Carers to report their need for services and support to sustain caring in the home into the future.**

**The outcomes will be reported to the interdepartmental working group, which is tasked to develop a National Strategy for Family Carers aligned with *Towards 2016* which will set out the Government's vision in relation to all Family Carers.**

Caring for Carers Ireland promotes the Health, Wellbeing and Quality of Life of Family Carers and those for whom they care, by promoting Recognition, providing Respite Care, Information, Training and Advocacy to promote Social Inclusion, within the context of The Carers' Charter

*For further information please contact:*

Mary McMahan CEO Caring for Carers Ireland **086 2469 764**

Brigid Barron Research & Programme Manager **065 6866515**

**Mary McMahan CEO  
Caring for Carers Ireland  
National Office  
2 Carmody Street Business Park  
Ennis  
Co. Clare  
Ireland**

**T + 353 656866515**

**F + 353 656867710**

**[mmcmahan@caringforcarers.org](mailto:mmcmahan@caringforcarers.org)**

## **CARERS CHARTER**

- 1. CARERS** have the right to be recognised for the central role which they play in community care and in creating a community of caring.
- 2. CARERS** have the right to acknowledge and address their own needs for personal fulfilment.
- 3. CARERS** have the right to acknowledge and address their own needs in relation to their contribution to their family and community.
- 4. CARERS** have the right to practical help in carrying out the tasks of caregiving, including domestic help, home adaptations, appliances, incontinence services and help with transport.
- 5. CARERS** have the right to support services, e.g. public health nurses, day centres and home helps in providing medical, personal and domestic care.
- 6. CARERS** have the right to respite care both for short spells as in day hospitals and for longer periods to enable them to have time for themselves.
- 7. CARERS** have the right to emotional and moral support
- 8. CARERS** have the right to financial support and recompense which does not preclude carers taking employment or in sharing care with other people.

9. **CARERS** have the right to regular assessment and review of their needs and those of the people for whom they care.
10. **CARERS** have the right to easy access to information and advice.
11. **CARERS** have the right to expect involvement of all family members.
12. **CARERS** have the right to have counselling made available to them at different stages of the caring process including bereavement counselling.
13. **CARERS** have the right to skills' training and development of their potential.
14. **CARERS** have the right to expect their families, public authorities, and community members to provide a plan for services and support for carers, taking into account the unique demographic developments up to and beyond the year 2000.
15. **CARERS** have the right to involvement at all levels of policy planning, to participate and contribute to the planning of an integrated and co-ordinated service for carers.
16. **CARERS** have the right to have an infrastructure of care, a supportive network to which they can relate when the need arises.

Caring for Carers was launched as an autonomous organisation in 1989. Originally established by Soroptomist International Ennis & District, Caring for Carers stemmed from the realisation that there was little or no recognition of Carers in Ireland, their value to society, and their need for social inclusion and self well-being.

As a result, Caring for Carers have taken on the role of representing Carers, our main responsibilities including:

- \* **Promoting recognition of Carers**
- \* **Providing respite**
- \* **Providing Training courses for Carers**
- \* **Advocating on behalf of Carers nationwide**

The **Ennis Carers Centre** is the home of the National office and the Clare Branch of Caring for Carers Ireland. Officially opened in June 2001, the Centre has been going from strength to strength. It provides numerous numerous services to Carers including training, respite and information as well as the opportunity to meet others in a similar situation, at meetings and other organised events. The Ennis Carers Centre plays host to The Carers Clinic, which was set up in association with the Mid Western Health Board in 2001. The Clinic offers confidential support to Carers, to help promote a better quality of life.

<http://www.caringforcarers.org/>