



Saint Joseph's Shankill Caring for Carers

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Saint Joseph's Shankill
Dedicated to Dementia Care



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THE AIM

- At Saint Joseph's we recognise the need to not only support people living with dementia but also their carers
- Provide Dementia Specific Training specifically for carers who look after people living with dementia at home
- Tools to cope with the stress of caring
- Ability to access the Support System





SPECIFIC TOPICS

Information
about Dementia

Where to access
support, service or help

How to manage your
stress & worries

How best to communicate
with someone living
with dementia





WHO ATTENDED THE COURSES

- All family carers who look after people living with dementia at home
- Carers and family members of people who attend Saint Joseph's Day Care Centre
- Partnered with local voluntary and community organisations to identify carers
- Alzheimers Café's attendees





STRUCTURE OF THE COURSE

- 7 training courses in total
- September/October/November
- 16 carers attended each course
- 112 carers in total
- Week day/evenings/weekend day
- Male vs female ratio of 50:50





SUPPORT NETWORKS

Identified and grouped together carers from same area to encourage them to form support networks and new friendships

- Whatsapp groups
- Buddy's call on each other



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FEEDBACK/UPDATES

- Developed Assessment Questionnaire and Evaluation Forms for the carers who attended the training courses
- Reviewed feedback and adjusted any content accordingly





SUPPORTING DOCUMENTS/PUBLICATIONS

Developed Saint Joseph's Caring for Carers supporting documentation and produced four publications:

- Understanding Dementia and the specific social, psychological and emotional needs of people living with Dementia
- Stress Management when caring for someone with Dementia
- How best to communicate with someone living with Dementia
- Where to access support, service or help



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OUTCOMES

- Carers learnt new way of caring for and interacting with their loved one
- Communicate better
- Know where to access services and supports
- Formed new friendships/supports
- Saint Joseph's leading the way in dementia care in the community
- Raise awareness of dementia and Saint Joseph's





FINDINGS

- Huge demand for information
- Meeting other people going through the same thing
- Sharing experiences and stories
- Reassurance that they are not alone
- More courses Fair Deal/ financial/legal/Mediation
- Support groups
- Opportunities to talk
- Meeting other people in similar situations and hearing how they deal with issues
- More opportunities to share stories and listen to other carers talk about their experiences





SOME OF THE FEEDBACK WE RECEIVED

- “Its only through courses like these that you get to meet people in the same situation as yourself.”
- “I thought it was a good idea to have people from the same area attend the same course. This removes stigma and allows for useful contacts and future friends. Plus excellent idea to provide daycare for family member.”
- “I feel less stressed.”





CONTD.

- "Great idea to start something like this and badly needed as dementia becomes more common."
- "So informative on all issues."
- "Excellent, really learned a lot, so thoughtful, well organised, so supportive, lovely and well well done."





CONTD.

- “The gift of hope and not being alone when I am struggling as others are going through it as well.”
- “Yes, its only through courses like these that you get to meet people in the same situation as yourself.”



Caring for **CARERS**

THANK YOU



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