

**Central
Remedial
Clinic**

**Parents and
Carers**

Guide to Entitlements and Supports



Compiled by
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Parents and Carers Guide to Entitlements and Supports 2008

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Introduction

This booklet looks at the supports that are available to Parents and Carers of children and adults with a physical disability. Included is information on the financial supports available to carers, how to meet the cost of medical expenses and supports when taking time from employment to care.

We recognise that caring while rewarding can be difficult and stressful. We have included information on services particular to the role of caring. This includes information on home and residential respite and organisations that support parents and carers.

If you are the parent of child attending the CRC we would advise you to also look at our 'Children's' booklet.

The information is given as clearly as possible and we hope that you find this guide both useful and informative.

An Information Board containing relevant application forms and leaflets is located at the Social Work Department CRC, Clontarf, Tel. 01 8542333 and in the Central Remedial Clinic Services for Children, Waterford, Tel. 051-301050.

Updates are available on our website www.crc.ie.

Your Social Worker is available to support your application or discuss any query you may have.

Geraldine Prunty,
Principal Social Worker
CRC.





Financial

Carer's Allowance

This is a weekly payment to Carers who look after people in need of fulltime care and attention. It is a means-tested payment.

The person in need of care can be either an adult or a child.

The amount of an applicants weekly income that is not counted as means for Carer's Allowance means test is €332.50 for a single person and €665 for a couple (2008).

If you care for more than one person you may be entitled to up to 50% extra of the maximum rate of Carer's Allowance each week. There is also an additional payment for carers who themselves are aged 66 years or over.

You will qualify if you the Carer meet the following requirements:

- Are aged 18 or over and if you leave the workforce to care for a person(s) in need of full-time care and attention.
 - Satisfy the means test
 - Are caring for the person(s) on a full-time basis
 - Are not employed or self-employed outside the home in excess of 15 hours per week
 - Satisfy the Habitual Residence Condition
- &

If the person you are Caring for:

- Requires full-time care and attention, because of his/her disability (medical certification is required)
- Is aged 16 or over
- Or is under age 16 and receiving the Domiciliary Care Allowance.

You may also claim an additional payment for each of your children. The maximum weekly payment is €214 (2008).

Application forms are available from:

The Social Work Department, CRC,
or from Social Welfare Information Services on Locall Tel: 1890 66 22 44,
or from The Carer's Allowance Section, Government Buildings,
Ballinalee Road, Longford, Tel: 043 45211/ 01 7043000.

Financial

Half Rate Carer's Allowance

If you are a full-time carer and are getting a social welfare payment e.g. One Parent Family Payment or you are a qualified adult on your spouses or partner's payment you may keep your current social welfare payment and receive a half rate Carers Allowance.

The exception to this is if you are in receipt of a Jobseekers Benefit/ Allowance. However if you are a qualified adult on your partners or spouse Jobseekers Allowance/ Benefit you can qualify for the half rate Carer's Allowance.

To qualify you and the person you are caring for must satisfy the conditions of caring as outlined for the Carer's Allowance.

The weekly payment is €107 (2008).

Application forms are available from:

The Social Work Department CRC,

or from Social Welfare Information Services on Locall Tel: 1890 66 22 44,

or from the Carer's Allowance Section, Government Buildings,

Ballinalee Road, Longford, Tel: 043 45211/ 01 7043000.



Financial

Household Benefits Package

All people receiving a Carer's Allowance will qualify for the household benefits package.

The package includes:

- An Electricity or Natural Gas or Bottled Gas Refill Allowance &
- A Free Television Licence &
- A Telephone Allowance

The Electricity or Gas Allowance provides you with a number of free electricity or gas units a year and covers normal standing charges.

The Telephone Allowance scheme provides a payment towards your telephone bill.

The value of the allowance is €24.70 per month. The telephone allowance may be paid in respect of either a landline or a mobile phone.

Application forms are available from:

The Social Work Department CRC,

and from: The Household Benefits Package,

Department of Social Community and Family Affairs, College Road, Sligo,

Tel: 071 4837101/ 01 7043371.





Financial

Carer's Benefit

If you leave the workforce to care for a person(s) in need of full-time care and attention, you may qualify for a weekly Carer's Benefit payment based on your own P.R.S.I. contributions.

Under the Carer's Leave Act 1991 you are entitled to job protected leave in order to avail of Carer's Benefit. This is a short-term scheme payable up to a maximum of 2 years. You can claim it for a continuous period of 2 years or in separate periods adding up to 2 years.

You will qualify if YOU - the Carer:

- have been employed for 8 weeks during the previous 26 weeks,
- have enough PRSI contribution conditions,
- give up employment to care for a person on a full-time basis (this employment must have been for a minimum of 16 hours per week or 32 hours per fortnight),
- are not employed or self-employed outside the home for more than 15 hours a week.

The person(s) you are caring for:

- Must require full-time care and attention because of his/her disability (medical certification is required).
- However where a Domiciliary Care Allowance is being paid no medical certification is required.

The weekly rate of payment when caring for one person is €214.70 (2008) when caring for more than one person is €322.10 (2008).

You may also claim an additional payment for each of your children.

Further information and application forms are available from:

The Social Work Department CRC

and from the Carer's Benefit Section, Government Building,

Ballinalee Road, Longford, Tel: (043) 45211, ext 48787

or Dublin Tel: (01) 704 3000, ext 48787.



Financial

Respite Care Grant

The Respite Care Grant is an annual payment for carers who look after certain people in need of full-time care and attention.

For Carers who receive the Carer's Allowance, Half Rate Carers Allowance, Carers Benefit or the Domiciliary Care Allowance the Grant is automatically paid in June of each year.

If you are caring and **not** in receipt of any of the above payments you can complete an application form to apply for the grant. The payment is made regardless of the carer's means but is subject to certain conditions.

You **will** qualify if you the carer:

- are aged 16 or over,
- are ordinarily resident in the State,
- care for the person on a full-time basis,
- care for the person for at least six months - (this period of care must include the first Thursday in June),
- live with the person you are looking after or can be contacted quickly by a direct system of communication (for example, a telephone or alarm) between your home and the home of the person you are caring for.

Also, the person you are caring for **must**:

- Be incapacitated as to need full-time care and attention (medical certification is required), for at least six months. (This period of care must include the first Thursday in June).
or
- not normally live in a hospital, convalescent home or other similar institution,
or
- Not receive full-time care and attention within their home from another person.

Financial

Respite Care Grant

You will **not** qualify if you the carer are:

- working outside the home for more than 15 hours a week, or
- getting or are entitled to Jobseeker's Benefit or Jobseeker's Allowance or signing for Jobseeker Credits, or
- Living in a hospital, convalescent home or similar institution.

From June 2008, the Respite Care Grant is €1,700 for each person you are caring for.

It is paid once a year by cheque. Carers who are looking after more than one person receive double the amount.

**Application forms are available from:
The Social Work Department CRC,
and from LoCall Leaflet Request Line on Tel: 1890 20 23 25,
Respite Care Grant Section, PO Box 10085, Dublin 2,
Tel: 01 673 2222.**





Carer's leave

All eligible Carers have the right to temporarily leave their job to care for a person who needs full time care, while having their job protected. Employers cannot refuse this leave. The minimum period of leave is 13 weeks and the maximum period is 104 weeks.

To be eligible for Carer's leave the Carer must: -

- Have completed 12 months continuous employment with the employer from whom the leave is sought.
- Provide full time care to the cared-for person.
- Not work or take part in education/training for more than 10 hours per week.
- Satisfy the medical criteria set out by the Department of Social Community and Family Affairs (similar to that of Carer's Allowance/ Benefit).

To apply you must write to your employer 6 weeks before you intend to take the leave. In exceptional circumstances where this is not possible the notice must be given as soon as is reasonably possible.

You can apply for **Carer's Benefit**, based on your PRSI contributions, while on Carers Leave.

For more detailed information contact:
The Employment Rights Information Unit,
Department of Enterprise, Trade and Employment,
Davitt House, 64A Adelaide Road, Dublin 2,
Tel: Locall 1890 22 02 22, Tel: 01 316312121,
Website: www.entemp.ie/employment/rights/



Pay-Related Social Insurance Contributions

a) Credited PRSI Contributions

Credits are free PRSI contributions that are awarded under various circumstances. These credits may help you qualify for pensions or payment under the PRSI scheme, such as the Contributory Old Age Pension.

Credited contributions may be awarded to eligible carers receiving Carer's Allowance or Carer's Benefit. These credits are granted when the caring period ends. If you are not eligible for 'credits' you may be entitled to 'Homemakers Years'.

Further information available from the P.R.S.I. Section, Social Welfare Services Office, Gandon House, Amiens Street, Dublin 1, Tel. 01 7043281.

b) Homemakers Years

If you are caring full-time for: a child/ children up to 12 years
or a disabled child (12 years or over)
or an adult who needs full-time care or attention

you may be awarded P.R.S.I. credits. These credits may help you qualify for pensions or payment under the PRSI scheme, such as the Contributory Old Age Pension.

Further information available from:
The Homemakers Section,
Social Welfare Services Offices,
Gandon House,
Amiens Street, Dublin 1,
Tel: 01 7043096.



Force Majeure Leave

If you are unable to be at your place of work because of a family emergency you may qualify for Force Majeure leave from work.

An employee is entitled to leave with pay from his or her employment for urgent family reasons, owing to the injury or illness of any of the persons listed below.

- your child
- your spouse or partner with whom you are living with
- a person to whom you are acting in loco parentis
- your brother or sister
- your parent or grandparent

An employee may not be absent on force majeure leave for more than 3 days in any 12 consecutive months, or 5 days in any 36 consecutive months.

Further information is available from:

**The Equality Authority,
2 Clonmel St., Dublin 2.**

Tel: 01 4173333, Website: www.equality.ie

Parental Leave

Parental leave allow a parents to take unpaid leave form work to care for their child. The Parental Leave Act 1998 entitles each parent to 14 weeks unpaid parental leave. The leave must be taken before the child is 8 years of age, or 16 years of age in the case of children with disabilities. You must notify your employer 6 weeks in advance of your intention to take parental leave. The leave may be 'broken up' with the agreement of the employer.

Further information is available from:

**The Equality Authority,
2 Clonmel St., Dublin 2.**

Tel: 01 4173333, Website: www.equality.ie



Home Carer's Tax Credit

A tax credit of €900 (2008) is available to married couples where one spouse works in the home. The couple must be jointly assessed for tax. The stay at home spouse can earn up to €5,070 a year and claim the full allowance.

This applies where one spouse works in the home caring for:

- their child/children
- or a person who is permanently disabled
- or a person over 65 yrs
- & where the other spouse is working outside the home.

Employing a Carer

A tax credit can be claimed, at an individual's highest tax rate, for the cost of employing a person to care for a family member who is disabled.

The ceiling on the amount that can be claimed under this relief is €50,000 per annum (2008).

The allowance can be claimed by:

- the disabled taxpayer
- or by his/her spouse
- or by one or more of the family members of the person being cared for.

Dependant Relative Tax Credit

You can claim a €13,473 tax credit if you maintain at your own expense a relative, including a relative of your spouse who is unable to maintain themselves, due to old age or disability. Health Expenses (Med 1 & 2) and Mortgage Interest Tax Relief may also be claimed in this circumstance.

In the case of Dependent Relative Tax Credit, if the relative's income exceeds the relevant limit no tax credit is due.

Further information is available from:

The Revenue Information Office,

Dublin Region Tel: 1890 33 34 25,

East & South East Region Tel: 1890 44 44 25, Website: www.revenue.ie

Medical Card

The Health Services Executive (HSE) administers and provides medical cards. Medical cardholders are entitled to a range of health services free of charge. These include, doctors, drugs and hospital services.

Most people have to have means below a certain limit in order to qualify. Your income after tax and PRSI deductions is assessed. Deductions are also made for your rent or mortgage costs, childcare expenses and travel to work expenses. You are also given an allowance for each of your dependent children. This allowance is then deducted from your income for the purposes of assessment of your means.

Persons with an income such as the One-Parent Family Payment, Carers Allowance amongst others are regarded as being eligible for a medical card.

Where a person may not ordinarily be entitled to a medical card the HSE have some flexibility awarding the card in exceptional circumstances e.g. where there are large medical expenses.

**Application forms and full guidelines are available from:
your Health Services Executive (HSE), Health Center, HSE,
Infoline Tel: 1850 241 850 and from the Social Work Dept. C.R.C.**



GP Visit Card

A GP Visit Card entitles you and your dependents to visit your Family Doctor free of charge. It is administered by the HSE and is means tested. The income guidelines for GP Visit Card are higher than for the Medical Card. It does not cover the cost of prescribed drugs, medicines and other health services.

The GP Visit Card is a plastic card, about the same size as a credit card. It carries your full name/family name, your sex, the name of your GP and the validity period of the Card.

Anyone can apply for a GP Visit Card - families, single people, even those working full time. To apply for a GP Visit Card, you use the same application form as that for a Medical Card.

**Application forms and full guidelines are available from:
your Health Services Executive (HSE), Health Center,
HSE Infoline Tel: 1850 241 850, and from the Social Work Dept. C.R.C.**





Medical Cards Income Guidelines

HSE Income Guidelines for Medical and GP Visit Cards 2008

Your income after tax and PRSI deductions is assessed. Deductions are also made for your rent or mortgage costs, childcare expenses and travel to work expenses. You are also given an allowance for each of your dependent children. This allowance is then deducted from your income for the purposes of assessment of your means.

To qualify you can have a weekly income up to the amount listed below, after income tax, deductions and other relevant expenses are taken into account.

2008	Medical Card Rate per Week	GP Visit Card Rate per Week
Single person living alone aged up to 65 years	€184.00	€276.00
Single person living with family aged up to 65 years	€164.00	€246.00
Married couple & Single parent with dependent children	€266.50	€400.00

Application forms and full guidelines are available from:
your Health Services Executive (HSE), Health Center,
HSE Infoline Tel: 1850 241 850,
and from the Social Work Dept. C.R.C.

Drugs Payment Scheme

Under the drugs Payment Scheme an individual or family only has to pay a maximum amount monthly for all approved prescribed drugs, medicines and appliances for use by that person or his/her family in that month.

Family expenditure covers the nominated adult, his or her spouse/partner, children under 18 years or under 23 years in full time education.

A dependant, regardless of age, with a physical or mental disability or illness living in the household, who is unable to fully maintain themselves may be included in the family expenditure.

The current maximum monthly rate is €90 per calendar month (2008).

**Registration forms for the scheme are available from:
your Pharmacy or Health Services Executive (HSE),
Local Health Office, HSE Infoline Tel: 1850 241 850.**



**Health & Medical Expenses Relief (MED 1 & 2)**

Most of us have medical bills. Some of these bills are covered by health insurance or by the HSE, some are not. Most medical bills and prescription charges you pay can be claimed as a tax relief. You may claim tax relief for expenses incurred by yourself and for your spouse and for your dependent child and for a dependent relative. You send in the details to the revenue and they send you a refund. Most medical expenses, with the exception of routine dental and ophthalmic treatments qualify for relief.

Expenses include:

- Cost of doctor's and consultant's visits
- Certain items prescribed by a doctor or consultant
- Cost of Speech and Language Therapy for a qualifying child
- Cost of Educational Psychological Assessment for a qualifying child
- Transport by ambulance
- Specialised dental treatment
- Kidney patient's expenses

Where prescribed by a doctor includes:

- Drugs and medicines
- Diagnostic procedures
- Orthoptic or similar treatments
- Hearing Aid
- Orthopaedic bed/chair
- Wheelchair/Wheelchair lift
- Engaging a qualified nurse in the case of a serious illness
- Physiotherapy or similar treatment
- Cost of a computer where it is necessary to alleviate communication problems of a severely disabled person
- Cost of gluten free foods for coeliacs.
- Glucometer machine for a diabetic

Full details and application forms available from:

**The Revenue Information Dublin Region, Tel: 1890 33 34 25,
East & South East Region Tel: 1890 44 44 25, Website: www.revenue.ie**



Respite Care

In addition to the entitlements listed on previous pages there are also a range of organisations that supports Carer's who are caring for a family member with a disability and those in their care.

What is respite care?

Respite care is when the regular caregivers are provided with some time off or a break from the daily routine of care giving. Respite care can be provided to individuals of any age, both children and adults.

Respite care can be provided in your home or in a setting away from home, such as a respite centre or holiday centre. Services are generally provided free of charge or at a nominal cost.

What are the benefits of respite services?

For the caregiver:

- Opportunity of a break
- Opportunity to devote time to other family members and friends
- Participation in community activities
- May provide options for care during crisis or emergencies
- Additional relief and support during stressful times.

For the individuals receiving respite care:

- Safe, quality, care
- Opportunities for new experiences
- Strengthens family relationships
- Opportunities to socialise with people outside the family
- Participation in community activities

Services can be accessed by contacting the service directly, your Social Worker or Disability Service in your local Health Services Executive (HSE). Unfortunately the reality is that there is greater demand for service than there is supply and some of the agencies are forced to operate waiting lists.



Facilities Available Dublin Area

Listed below are the main facilities available to clients of the CRC in the greater Dublin area. Your Social Worker would also be happy to discuss any of these matters with you.

CRC Home Respite Service

The CRC Home Respite Service offers parents a break while giving their child one to one care and stimulation. Our Home Respite Worker will come to your home, on average one day a week and take over the care of the baby, child or teenager for a period of three hours. The Social Work Department arranges this service.

The service has two aims:

- To allow the parent take a break. Some parents have a rest, spend time with their other children, meet with friends or go shopping.
- To provide a positive experience of separation and play for the baby, child or teenager.

The service is provided free of charge and is reviewed every six months. To find out further information discuss with your Social Worker or contact the Social Work Department CRC, Tel: 01 8542333

Jack and Jill Foundation

The Jack and Jill Foundation is a registered charity set up to help and support babies who are born with severe developmental delays and who require ongoing medical and nursing care. The Jack & Jill Foundation provide support to families with a baby with severe developmental delays until they reach the age of four years. The Foundation helps these tiny babies and their families by providing them with early intervention and home respite care. Jack and Jill work with children from birth to four years of age throughout the Republic of Ireland.

For further information please contact:

**The Jack & Jill Children's Foundation,
Johnstown Manor, Johnstown, Naas, Co. Kildare, Tel: (045) 894538,
Email: info@jacjandjill.ie, Website: www.jackandjill.ie.**





Facilities Available Dublin Area

Rehab Care Home Based Respite Service

This service aims to meet the respite needs of clients, from babies up to adults who have a physical and/or sensory disability. The service provides home respite to individuals living with carers in their own homes.

The service is based on flexibility and is designed to provide the following:

- Regular planned breaks, e.g. a weekly service
- Occasional planned breaks, e.g. a few hours, overnight, weekend or a weeks break
- Emergency or crisis intervention

The service is based on individual need and Home Support Workers are trained to assist support the client with a variety of activities such as personal care, meal preparation, household tasks social, leisure activities and community participation as required.

For further information:

**please ring the Home Respite Manager, on Tel: 01 2057361,
Rehab Care, Roslyn Park, Beech Road, Sandymount, Dublin 4.**

Home Care Support Scheme

The Home Care Support Scheme (also known as a Home Care Support Package) aims to provide care to adults and children with disabilities living at home with the aim of supporting their care at home. A package of care is put together to suit and individuals needs, often including home help, personal assistance, physiotherapy and occupational therapy.

The Home Care Support Scheme is administered by the HSE unfortunately this scheme is not yet a national scheme and is not established in law. Check with your local HSE Disability Services Manager for availability in your area.

To apply contact your public health nurse for an assessment of need, or your Local Health Office for further information on the Home Care Support Package and the application process involved. HSE Infoline Tel: 1850 241 850.



Facilities Available Dublin Area

Carmel Fallon Respite Centre

The Carmel Fallon Respite Centre was opened in 2004. It is a purpose built respite centre on the grounds of the Irish Wheelchair Association's headquarters in Clontarf. There are 6 single en-suite rooms with staff available 24 hours. The centre aims to provide holiday breaks in a homely environment with the necessary supports in place. The center runs a number of dedicated teenager breaks.

For further information please contact:
Carmel Fallon Respite Centre,
Irish Wheelchair Association,
Blackheath Drive, Clontarf, Dublin 3.
Tel: 01 8186458, Website: www.iwa.ie.

Casa Breakhouses

Casa is a voluntary organisation of people with disabilities and voluntary members. Their aim is to develop friendships between members through regular events. These include regular social events, holidays, respite breaks, and pilgrimages to Lourdes.

Casa provide holiday breaks to children with disabilities in their purpose built houses in Swords and Malahide. They aim to provide a fun active holiday in a homely atmosphere. Activities include arts and crafts, music, trips to the zoo, playgrounds, bouncing castles and lots of fun and games.

For more information please contact:
CASA Breakhouses,
15 Ard na Mara, Malahide,
Co. Dublin.
Tel: 01 845 4841,
Email: information@casabreakhouses.ie,
Website: www.casabreakhouses.ie.

Personal Assistance

A Personal Assistant is someone who provides assistance to a person with a disability in a variety of personal and household tasks. These tasks include:

- Personal care including; showering, bathing, toileting, transferring to bed, wheelchair etc.
- Shopping, writing, reading, telephoning.
- Essential cooking, feeding and tidying laundry.
- Social supports e.g. trips to shops, social events, outings etc.

The person with a disability works out the exact tasks he or she wants the Personal Assistant to perform. Some people with disabilities use a Personal Assistant to help at work or school.

Irish Wheelchair Association Personal Assistance

This service is for adults aged 18- 65 years with physical and sensory disabilities.

For further information please contact:

Assisted Living Services, I.W.A.

on Tel: 01 8186400, Áras Chúchulainn,

Blackheath Drive, Clontarf, Dublin 3,

and Email: info@iwa.ie, Homepage: www.iwa.ie.





Personal Assistance

Centres for Independent Living Personal Assistance

This organisation aims to ensure that people with disabilities achieve Independent Living, choice and control over their lives and full participation in society as equal citizens. Part of the services provided by CIL is a Personal Assistance service. There are Centres of Independent Living in different locations in the country. Listed below are the Dublin centres:

Centres for Independent Living,
Carmichael House,
North Brunswick St.,
Dublin 7,
Tel: 01 8730455
Tel: 01 8730986

Dublin 7 CIL and ICTC (Inner City Travel Club),
MACRO Building,
1 Green Street, Dublin 7,
Tel: 01 873 7039 or ICTC. 01 8737038,
Email: dublin7@dublincil.org
and ictc@dublincil.org

FADE CIL,
Unit 5E, Fingal Bay Business Park,
Balbriggan, Co. Dublin,
Tel: 01 8417685/8415994,
Email: fadecil@eircom.net

Blanchardstown CIL,
7a Plato Business Park,
Damastown, Dublin 15,
Tel: 01 8270609
Email: cilblanch@eircom.net

Home Care Support Scheme

The Home Care Support Scheme (also known as a Home Care Support Package) provides packages of care to adults and children with disabilities living at home with the aim of supporting their care at home. A package of care is put together to suit individuals needs, often including home help, personal assistance, physiotherapy and occupational therapy. The Home Care Support Scheme is administered by the HSE. Unfortunately this scheme is not as yet a national scheme and is not established in law. Your local HSE, Disability Services Manager can advise you of availability in your area.

To apply contact your Public Health Nurse for an assessment of need, or your Local Health Office for further information on the Home Care Support Package and the application process involved. HSE InfoLine Tel: 1850 24 1850.



Home Care

Rehab Care Home Based Respite Service

This service aims to meet the respite needs of clients, from babies up to adults who have a physical and/or sensory disability. The service provides home respite to individuals living with carers in their own homes. The service is based on flexibility and is designed to provide the following:

- Regular planned breaks e.g. a weekly service
- Occasional planned breaks e.g. a few hours, overnight, weekend or a weeks break
- Emergency or crisis intervention

The service is based on individual need and Home Support Workers are trained to assist support the client with a variety of activities such as personal care, meal preparation, household tasks social, leisure activities and community participation as required.

For further information:

**Please ring the Home Respite Manager on Tel: 01 2057361,
Rehab Care, Roslyn Park, Beech Road, Sandymount, Dublin 4.**

The Carer's Association Home Respite Service

The Carer's Association Home Respite Service provides flexible and practical support to family carers in the home. Respite Workers will engage with the carer to help with caring duties such as moving and lifting, feeding and dressing. In some cases the Respite Workers will take over the caring duties completely, giving the carer a well earned break.

For more information please contact:

**The Carers Association, Marion House,
The Rise, Blanchardstown, Co. Dublin,
Tel: 01 8119564, Email: carersblanchardstown@eircom.net**

**The Carers Association, Unit 3 Dolcan Mall,
Tower Road, Clondalkin, Dublin 22,
Tel: 01 4670795, Email: carersclondalkin@eircom.net**



Services Availability

To avail of a break you can ring the agency directly and arrange a visit or discuss this with your Social Worker. Services vary as to their availability so it is best to ring them directly also they tend to book up quickly. If you have a specific date in mind early booking is advised.

In addition to these services, in times of crisis the Disability Services Manager in your local Health Services Executive may be able to organise an emergency break.

Barrett Cheshire Home

Respite care is available in a single room in the main house. Care is provided by trained staff, including nursing services on a 24 hour basis.

Barrett Cheshire Home, 20/ 21 Herbert Street, Dublin 2.

Tel: (01) 676 0865, Email: barreett@cheshire.ie , Website: www.cheshire.ie

Carmel Fallon Respite Centre

The Carmel Fallon Respite Centre was opened in 2004. It is a purpose built respite centre on the grounds of the Irish Wheelchair Association's headquarters in Clontarf. There are 6 single en-suite rooms with staff available 24 hours. The centre aims to provide holiday breaks in a homely environment with the necessary supports in place.

Carmel Fallon Respite Centre, Irish Wheelchair Association,

Blackheath Drive, Clontarf, Dublin 3, Te:l 01 8186458, Website: www.iwa.ie

Cuan Aoibheann

Cuan Aoibhean is situated within the grounds on St. Mary's Hospital and offers two respite beds, one male one female, within their unit for young adults with disabilities.

For further information please contact:

**Cuan Aoibhean, St. Mary's Hospital,
Phoenix Park Dublin 20, Tel: 01 625 0300.**





Services Availability

Cheshire Ireland Newbridge Respite Centre

This center opened in early 2008 and aims to provide respite care to adults with physical and sensory disabilities living in County Kildare, West Wicklow and parts of South Dublin. This is a purpose built facility with five adapted apartments.

Referrals can be made through the HSE Disability Services Manager based in 2nd Floor, Beech House, 101-102 Nass Business Park, Naas, Co. Kildare, Te: (045) 907300.

**The respite center is located at Cheshire Ireland Newbridge, Respite Center, 356 Strandhouse Road, Newbridge, Co. Kildare
Tel: (045) 446414/446415.**

Cuisle Holiday Centre

Cuisle is a fully accessible holiday centre, surrounded by beautiful countryside, located in the grounds of Donamon Castle nine miles outside off Roscommon Town. The centre offers 36 twin-bedded en-suite rooms, a bar and a large dining area. Cuisle guarantees you a warm welcome whether you choose to holiday on your own, with family or with friends.

**Cuisle Holiday Centre, Irish Wheelchair Association,
Donamon, Co. Roscommon, Tel: (090) 6662277,
E-mail: cuisle@iwa.ie Website: www.iwa.ie**

Marymount Care Centre

Marymount Care center has one respite bed within its facility. It offers respite to adults with disabilities living in the HSE area Dublin North West (Finglas, Glasnevin, Blanchardstown, Mulhuddart, Ward, Cabra, Castleknock, Phibsboro). The respite is offered in a private room with an en-suite accessible bathroom..

Referral to Marymount is through:

**The HSE Disability Services Manager Dublin North West, Tel: 8825151.
Mary Mount Care Center, Westmanstown,
Lucan, Co. Dublin, Tel: 8204500.**



Services Availability

MS Care Centre

The MS Care Centre accepts applications from people with Multiple Sclerosis and other neurological conditions. The Centre is located in the popular Dublin suburb of Rathgar, on a quiet residential road, situated on its own grounds with a splendid view of the Dublin Mountains.

For further details you can contact the MS Care Centre, 65 Bushy Park Road, Rathgar, Dublin 6, Tel: 01 490 6234, Email: [mscare@ms-society.ie](mailto:m scare@ms-society.ie)

Na Driseoga

This purposely built respite centre provides respite to adults with physical and sensory disabilities living in County Meath. It is a self contained unit, located on the Commons Road very near to Navan town centre. The centre has a homely atmosphere; it has six bedrooms, three bathrooms and professional staff available to provide support.

**Na Driseoga, Holiday and Respite House,
Commons Road, Navan, Co. Meath, Tel: (046) 9073285.**

Solas Respite Centre

Solas Respite centre is located in Shillelagh a charming village 60 miles south of Dublin in the countryside of Co. Wicklow.

**Solas Respite Centre, Ardeen Cheshire Home, Shillelagh, Co. Wicklow,
Tel: (055) 29465, Email: ardeenrespite@cheshire.ie Website: www.cheshire.ie**

Tara Winthrop Private Clinic

Tara Winthrop offers respite to adults with disabilities living on the North Side of Dublin. The HSE fund a number of respite beds in this modern facility. To avail of this service your Public Health Nurse can make a referral or contact the HSE Disability Manager for your area.

**Tara Winthrop Private Clinic,
Nevinstown Lane, Swords Co. Dublin, Tel: 01 8079631.**

The Royal Hospital

There are two respite beds available , one male and one female within the Adult Disability Unit in the Royal Hospital.

**For more information contact: The Royal Hospital, Morehampton Road,
Donnybrook, Dublin 4, Tel: 01 406639, Email: medicaladmin@rhd.ie**





Holidays for Families

Daisychain Foundation

The objective of the Foundation is to support families living with disabilities. Symbolising an unbroken chain of support the Daisychain emblem represents the partnership of the able and disabled to improve quality of life for all involved.

The Daisychain 'Time for You' programme provides complimentary hotel accommodation in the Choice Hotel Ireland Group of hotels, to families living with disabilities. The Daisychain Foundation works with a nominated Service Providers and Parents Support Groups, who submit requests on behalf of their members. The CRC can forward requests for breaks to the Daisychain foundation on behalf of carers, families or an individual with a disability. The breaks are offered periodically and your name may be placed on a waiting list.

For more information: Please contact the Social Work Department, on Tel: 01 8542333, Website: www.daisychainfoundation.org

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**Cuisle Holiday Centre, Irish Wheelchair Association,
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Tel: (090) 6662277, E-mail: cuisle@iwa.ie Website: www.iwa.ie





Carer's Organisations

In addition to the home-based and residential respite services there are organisations that offer support and services to Parents and Carers.

Crosscare Carer Support Programme

Crosscare aims to improve the quality of life of family carers. They run support groups for carers living in north Dublin looking at issues such as information and advice, carer support counselling, personal development and advocacy. For further information on groups in your area, please contact Crosscare Carer Support Programme, The Red House, Clonliffe College, Dublin 3, Tel. 01 836 0011, Email carers@crosscare.ie, Website www.crosscare.ie.

The Carer's Association

The Carers Association is Ireland's national voluntary organisation for family carers in the home. The Carers Association provides information, services such as training and home respite, and advocates for rights for carers. It has resource center throughout the country.

Website: www.carersireland.com

In Dublin the Carers Association have offices in:

- **The Carers Association,**
Marion House, The Rise, Blanchardstown, Co. Dublin, Tel: 01 8119564
Email: carersblanchardstown@eircom.net
- **The Carers Association,**
Unit 3 Dolcan Mall, Tower Road, Clondalkin, Dublin 22, Tel: 01 4670795
Email: carersclondalkin@eircom.net
- **The Carers Association,**
26 Wesley Road, Rathgar, Dublin 6, Tel: 01 4904554,
Email: carersrathgar@eircom.net



FAMILY SUPPORT

Provided below is an explanation of the type of support /respite services available to parents of children with disabilities in the south east region of Ireland. Waterford, Wexford, Carlow/Kilkenny and South Tipperary.

The Social Worker at CRC Waterford is available to discuss any queries you may have. The Social Work Department can be contacted on 051 301050 or direct line 051 309605.

Children's Respite Services

Children's Home Respite Services

This service is primarily provided to parents of children with a learning disability. The Home Support Worker comes to your home to take over care of your child for an agreed amount of time on a weekly basis. For further information please contact the relevant H.S.E Liaison Nurse for People with Learning Disabilities in your area. The Social Worker at CRC Waterford can provide appropriate contact details.

RehabCare and Irish Wheelchair Association

For parents of children with physical disabilities Home Support /Respite is provided by either RehabCare or Irish Wheelchair Association at the request of the H.S.E. Both RehabCare and I.W.A can provide workers who take over care of your child in your family home for an agreed amount of time each week.

To apply for this service please contact the H.S.E Liaison Nurse for People with Physical and Sensory Disabilities for your area. The Social Worker at CRC Waterford can provide appropriate contact details.





Family Support

Jack and Jill Foundation

The Jack and Jill Foundation is a registered charity set up to help and support babies who are born with severe developmental delays, and who require ongoing medical and nursing care. The Jack & Jill Foundation provide support to families with a baby with severe developmental delays until they reach the age of four years.

The Jack and Jill Foundation help these tiny babies and their families by providing them with early intervention and home respite care. Jack and Jill work with children from birth to four years of age throughout the Republic of Ireland.

For further information please contact:

The Jack & Jill Children's Foundation, Johnstown Manor, Johnstown, Naas, Co. Kildare, Telephone: (045) 894538, Email: info@jackandjill.ie , Website: www.jackandjill.ie .

Children's Residential Respite Services

Each county will provide its own residential respite service for children and adults with a learning disability. Service providers will differ from county to county. Application is usually made via the school that your child attends, if your child attends a Special Needs School. Most people avail of some weekend and week long breaks throughout the year.

To apply for this service please speak to the Principal of the school that you child attends or the H.S.E Liaison Nurse for Learning Disabilities for your area.

The Social Worker at CRC Waterford can provide you with relevant contact details.





Family Support

Holiday Centres

Claddagh Court Holiday Centre, Irish Wheelchair Association

The centre facilitates holiday breaks for children and adults with physical and sensory disabilities from the south east region. Staff will facilitate the participation of guests in social and recreational activities, or just enjoying a quiet time. Centre based assistance is provided through full-time care attendants and nursing care can be provided if necessary. The social worker at CRC Waterford can provide you with contact details. Alternatively you can make contact directly:

Contact details: Sinead Foskin, Service Co-ordinator, I.W.A Claddagh Court, College Road, Kilkenny. Tel: 056 7762775.

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**For more information please contact the Social Work Department
Tel: 01 854 2333, Website www.daisychainfoundation.org.**



Notes