

## FREE Community Dementia Service



- **Information & Advice**
- **Personalised Support**
- **Single point of contact throughout**

# What is Dementia?

- Dementia is a collection of symptoms caused by different diseases of the brain.
- There are over 400 different types of dementia.
- The most common types are **Alzheimer's disease** and **Vascular dementia**.
- Memory loss is the most common symptom but dementia can also effect our ability to think, communicate and problem solve.
- Changes in mood and behaviour are also common.
- The disease progresses over time and currently there is no cure.
- There are approx **55,000** people living with dementia in Ireland today and this figure is expected to double by **2031**.
- Dementia is most likely to develop in people over **65** but can occur at a younger age. Currently in Ireland there are over **4,000** people under age **65** with dementia.
- Dementia not only affects the person who has it but impacts greatly on the lives of their families and friends as the person who has dementia needs increasing support as the disease progresses.
- There is still a lot of stigma and misunderstanding about what dementia is and how it affects people.

## Worried about dementia?

**Facing a potential diagnosis of dementia can be frightening but it really is better to check it out sooner rather than later.**

**If you are worried about symptoms, the first step is to consult your GP.**

**They will talk to you, discuss your concerns and do an initial assessment.**

**From there, you may be referred for further testing or assessment if needed.**

## What is the FREE service from St. Luke's Charity, Cork?

The fundraising arm of St. Luke's Home is delighted to announce a **FREE Community Dementia Service** for the people of Cork. St. Luke's Home has been looking after Cork's older population for over 140 years and have a well established reputation in that regard. In recent years we have developed a particular expertise in the area of dementia.

In addition to managing a large residential Dementia Specific Unit at the Home, St. Luke's is a key provider of education to all those working in the sector, again with an emphasis in the area of dementia. A weekly daycare operation at St. Luke's Home offers Tuesdays and Thursdays exclusively to clients with dementia.

Now, St. Luke's is expanding it's services further to offer a **FREE Community Dementia Service**. We know from our research and experience that when someone receives a diagnosis of dementia life can suddenly become scary, lonely, isolating and very uncertain. Early intervention with the services is very important to normalise what is happening and to equip the person who has been diagnosed and their family with information to live as well as possible despite the diagnosis and to be prepared for the changes ahead.

# FREE Community Dementia Service

- Led by Clinical Nurse Manager and Dementia Specialist, **Ms. Eileen O Keefe.**
- It is available to **adults of any age.**
- You do **not** need a medical card to access it.
- **It is a Free and Confidential service.**

## This service aims to provide:

- A single point of contact for people with dementia and their families, available to them at any stage following a diagnosis of dementia right up to end of life.
- Provide individualised information and advice such as:
  - => Information about dementia and how it is likely to progress.
  - => The impact of this diagnosis and how it can effect relationships.
  - => Practical strategies to help with memory and communication.
  - => Planning for the future.
  - => Practical advice on how to provide assistance to a person with dementia.
- Signposting to additional services and supports that are available in the community.
- Increased awareness and information about dementia to the wider community.
- Information sessions for people who have been recently diagnosed with dementia.
- Information sessions for family members who now find themselves taking on the role as carers to a person with dementia.
- A monthly Memory Café for people with dementia and their family.
- Develop a service where people can find out about and see samples of products which are designed to help people living with dementia.





*“It is vital that the person with dementia remains central to future planning and feels empowered to remain as independent as possible and that all starts with information. Supporting people to maintain their self confidence and self esteem is key to helping them to feel hopeful in spite of this diagnosis. It will help keep the person with dementia at the centre of all interventions and support families to adapt to the impact that dementia can have on their lives and relationships .”*

## **St. Luke's Home, Castle Road, Mahon, Blackrock, Cork**

Providing a variety of services to people living with dementia and the wider older population of Cork.

***Community Dementia Service***

***Daycare***

***Respite Care***

***Long Term Care***

***Northridge House Education Centre***



### **Contact:**

**Clinical Nurse Manager & Specialist Dementia Advisor**

**Ms. Eileen O'Keeffe at St. Luke's Home on**

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**or email [eileen.okeeffe@stlukeshome.ie](mailto:eileen.okeeffe@stlukeshome.ie)**