

DONEGAL



It's different up here!

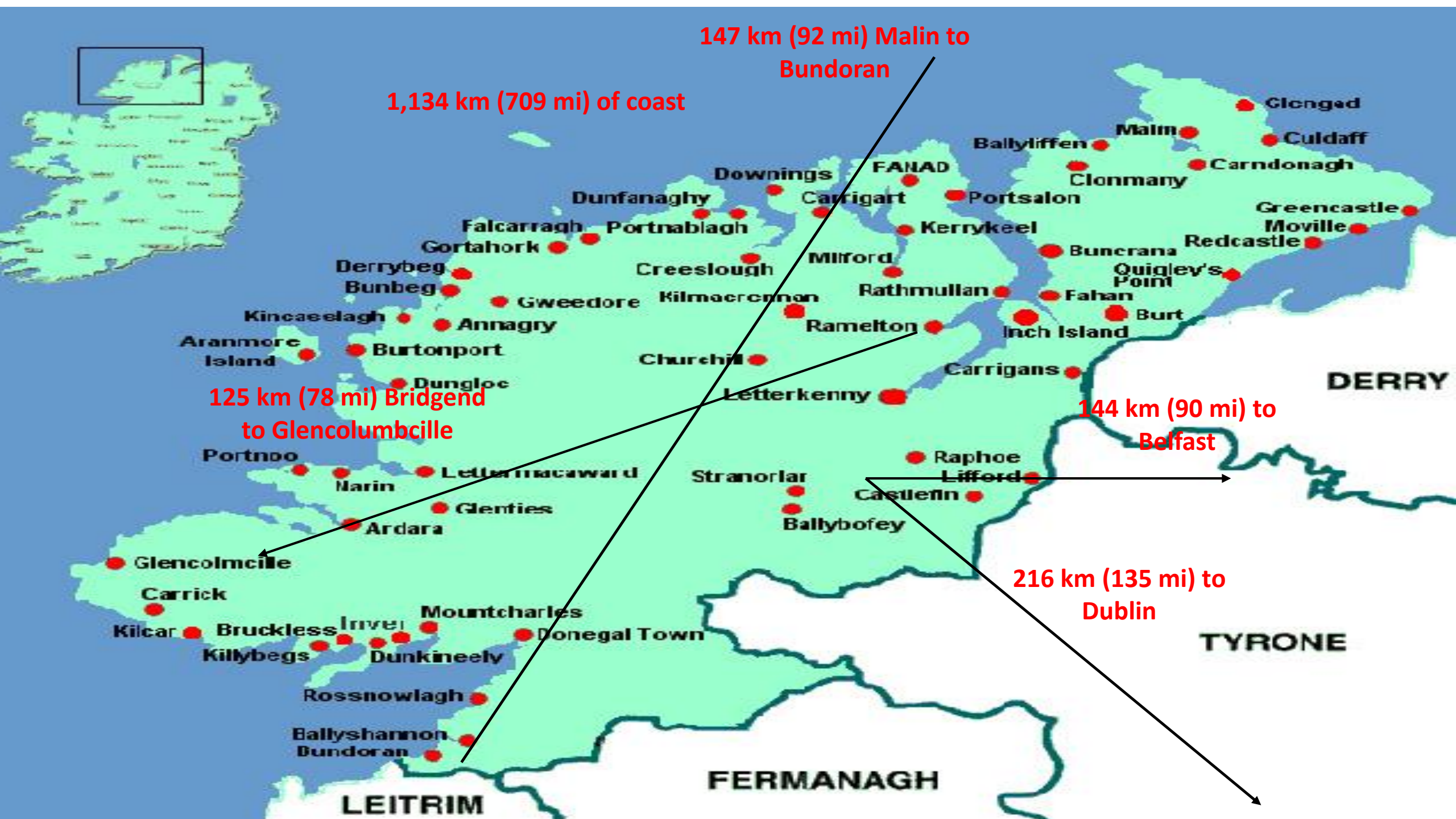
**Presentation by Dementia Aware Donegal to the
Innovation through collaboration in
dementia care event
in Sligo on 27th February 2018**



The people

- 2016 Population is 158,755
- 16% of the population live in the 30% of the county that is in The Gaeltacht.
- 11% of the population are native speakers
- Mostly rural with 12% living in the largest town [Letterkenny] and 21% in other towns over 1,000 population





Ageing Population

- According to the 2011 population statistics, there were 18,411 individuals over the age of 65 in Donegal.
- Donegal has a higher average of people aged over 75, 5.8% compared to 5% nationally.



- Older people require more care and support as they get older.
- Nationally 4.5% of older people access Long Term Care, in Donegal the percentage is 2.8%.
- More older people are cared for at home in Donegal than in any other part of the Republic of Ireland.
- 63% of individuals with dementia live in the community.

Number of individuals with dementia

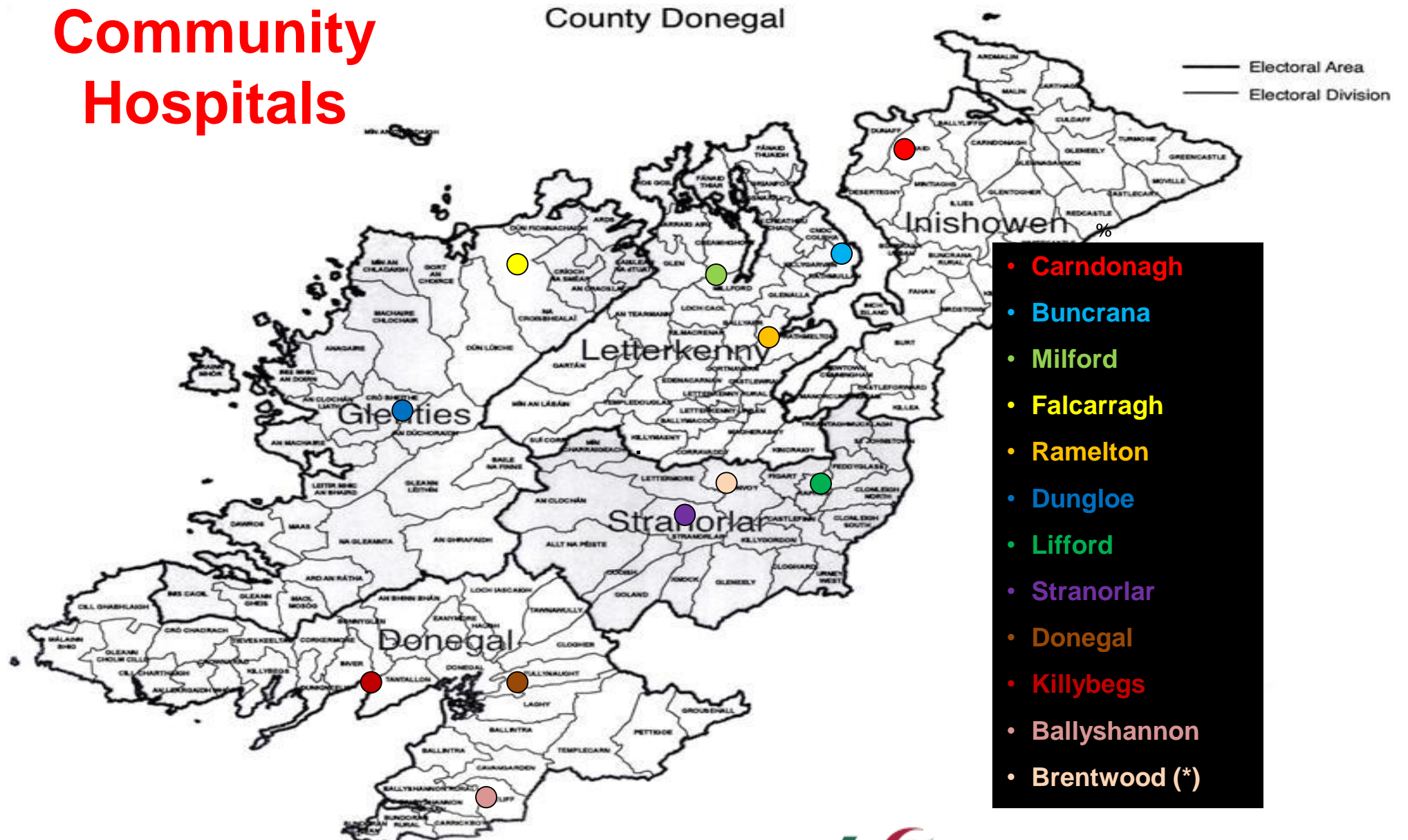
- Donegal has the 5th highest number of individuals with dementia (after Dublin, Cork, Limerick and Galway – all with large cities).
- 2011 estimate was 1,929 individuals with dementia in Donegal
- 2016 estimate is 2,200 individuals in Donegal with dementia.
- Approximately 300 under age of 65

Service Provision and support provided to individuals with progressive dementia.

- Home Care Packages
- Funding to Alzheimer Society for day care and Home respite.
- Community hospitals.
- Befriending services



Community Hospitals



Supports for Carers

- Support groups
- Carers clinics/Free health checks
- Carers 6 week programme including:
 - Understanding dementia
 - Understanding diabetes
 - Pressure care
 - Continence
 - Nutrition
 - Safe-guarding vulnerable adults
 - Practical issues in bereavement
 - Patient moving and handling
 - Basic life support



THE ALZHEIMER
SOCIETY of IRELAND

Coinnigh cuimhne orthu sin na

bhfuil cuimhne orthu



Chondae Dhún na nGall

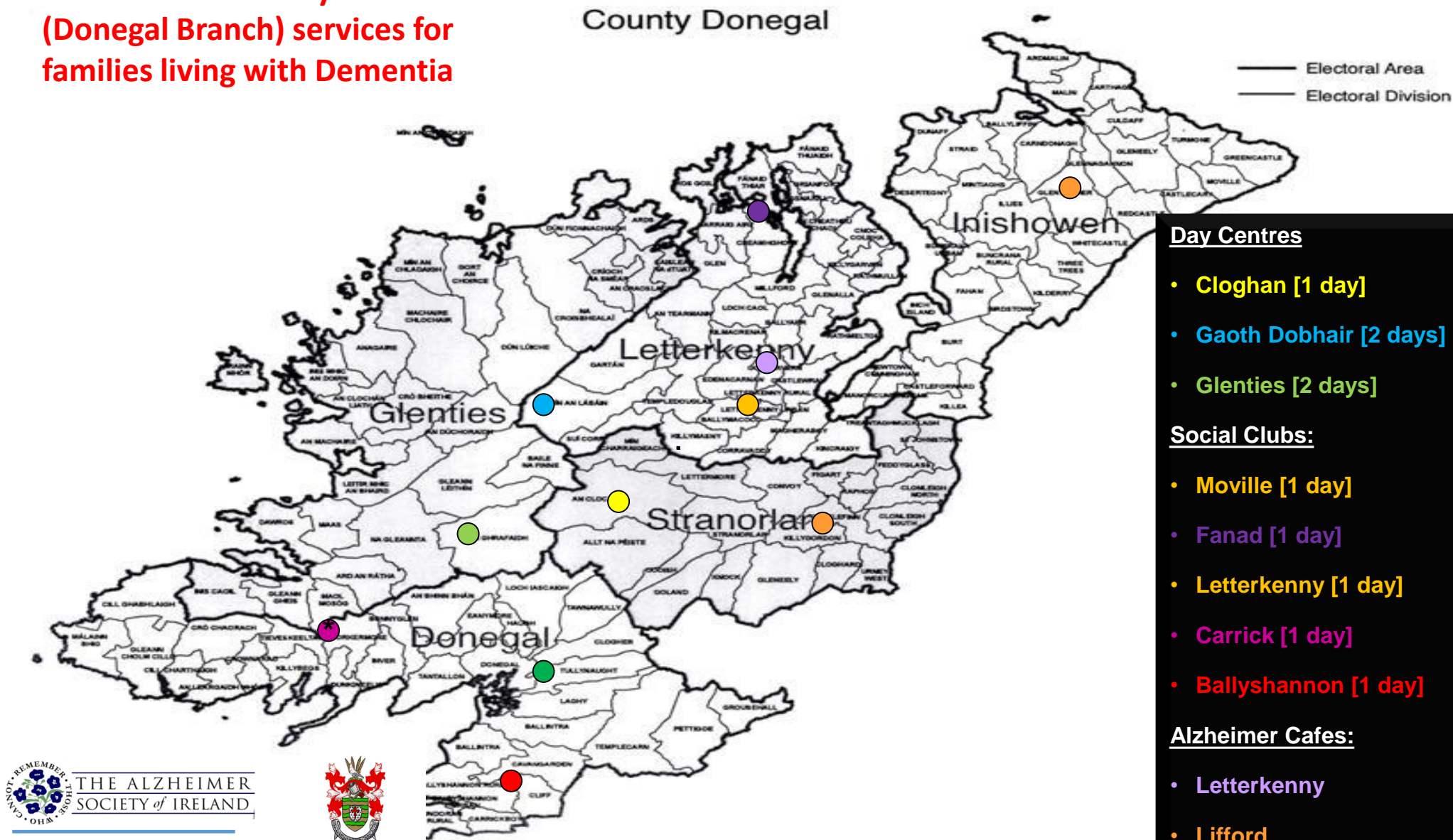
County Donegal

The Alzheimer's Society of Ireland was founded in 1983 by a few carers in Dublin.

The Donegal Branch was established in 1992 by several local people following a visit and public meeting by a Development Officer.

The Branch is run by a 6-person voluntary committee.

The Alzheimer Society of Ireland (Donegal Branch) services for families living with Dementia



*Coinnigh cuimhne orthu sin na
bhfuil cuimhne orthu*



Chondae Dhún na nGall
County Donegal

Staff levels in Donegal

We have a total of 124 employees:

- No full time;
- 20 part-time;
- 10 volunteers & 70 others;
- 29 participants on a Community Employment job activation scheme (1 as a receptionist in our Branch Office and 23 providing respite care in the community).



THE ALZHEIMER
SOCIETY of IRELAND

Coinnigh cuimhne orthu sin na

bhfuil cuimhne orthu

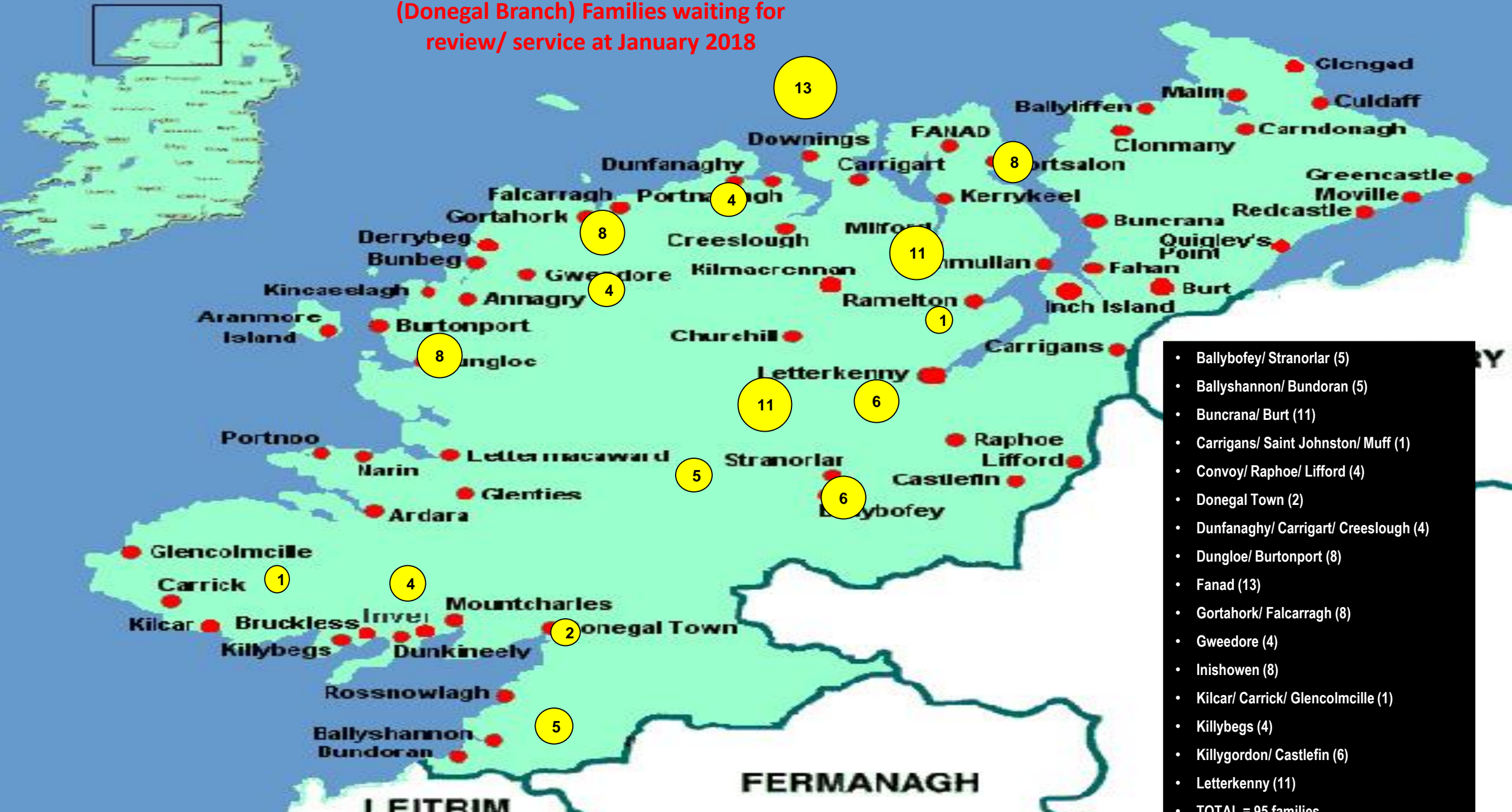


Chondae Dhún na nGall

County Donegal



**The Alzheimer Society of Ireland
(Donegal Branch) Families waiting for
review/ service at January 2018**





THE ALZHEIMER
SOCIETY of IRELAND



HSE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Dementia Aware Donegal

Dementia specific supports for carers.

- DAD launched in 2012.
- Partnership between ASI Donegal and HSE Services for Older People in Donegal

DAD's aims are to:

- Highlight Dementia in our Community
- Reduce the stigma attached to Dementia
- Educate and train family members and others about dementia.
- Develop new ways to provide care for individuals with dementia.
- Enable individuals with dementia to remain a part of their communities.



THE ALZHEIMER
SOCIETY of IRELAND



HE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Dementia Aware Donegal

Projects:

- Dear Grandma
- Dementia and legal issues leaflet
- Family training
- Befriending for individuals with dementia
- HSE Staff training in Dementia
- Public information talks

Dementia Aware Donegal

Joint research projects with:

- University of Ulster [Magee and Coleraine campuses] – student theses and research projects
- Trinity College Dublin (School of Psychology)
- University College Dublin – student thesis
- Dublin City University [Dementia Elevator]
- Lectures at Letterkenny Institute of Technology and local carer training courses



THE ALZHEIMER
SOCIETY of IRELAND



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Dementia Aware Donegal

is a consortium between

The Alzheimer Society of Ireland
[Donegal Branch]
and HSE Services for Older People
(Donegal)

With participation of:



lyit

Institiúid Teicneolaíochta
Leitir Ceanainn
Letterkenny Institute
of Technology



volunteer centre

Ionad d'Obair Saorálai Chondae Dhún na nGall

DONEGAL



**DONEGAL
EDUCATION CENTRE**

Ionad Oideachais Dhún na nGall

With participation of:



Johnston Press

Donegal Democrat

Derry Journal

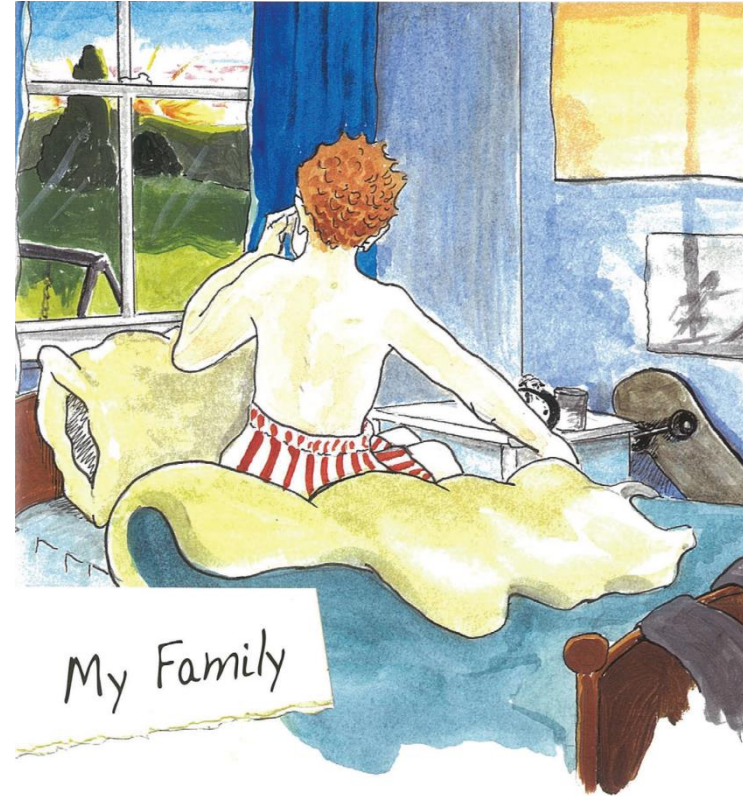
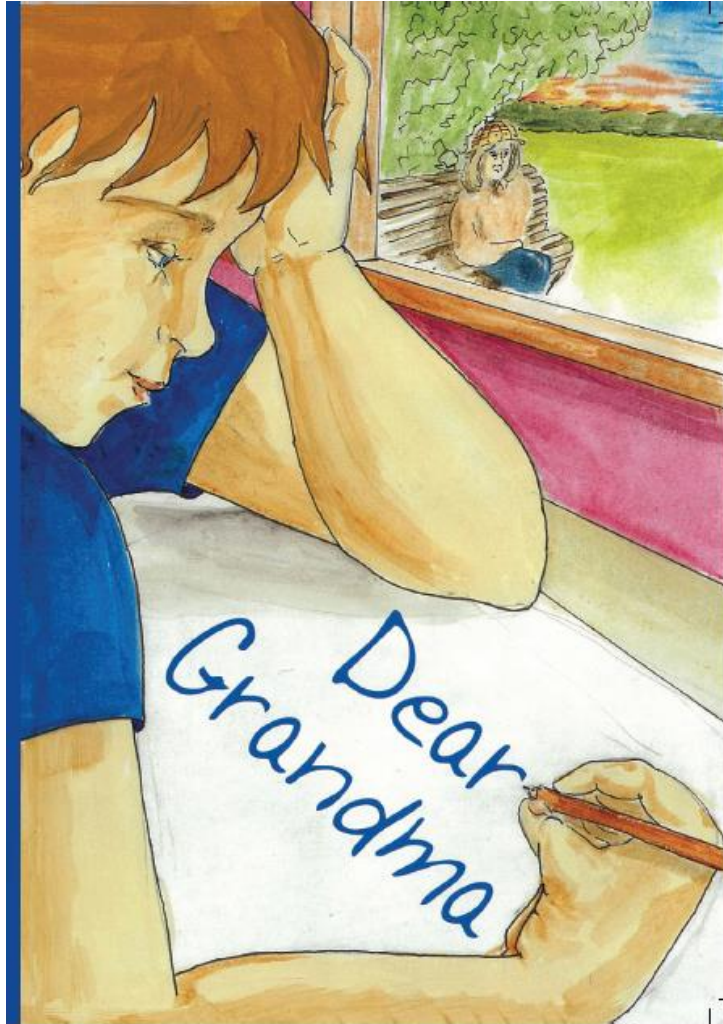
Donegal People's Press

With financial assistance from:

UNITEDHEALTH GROUP®



Chapter 1



Excerpt read by
Jasmine Tinney



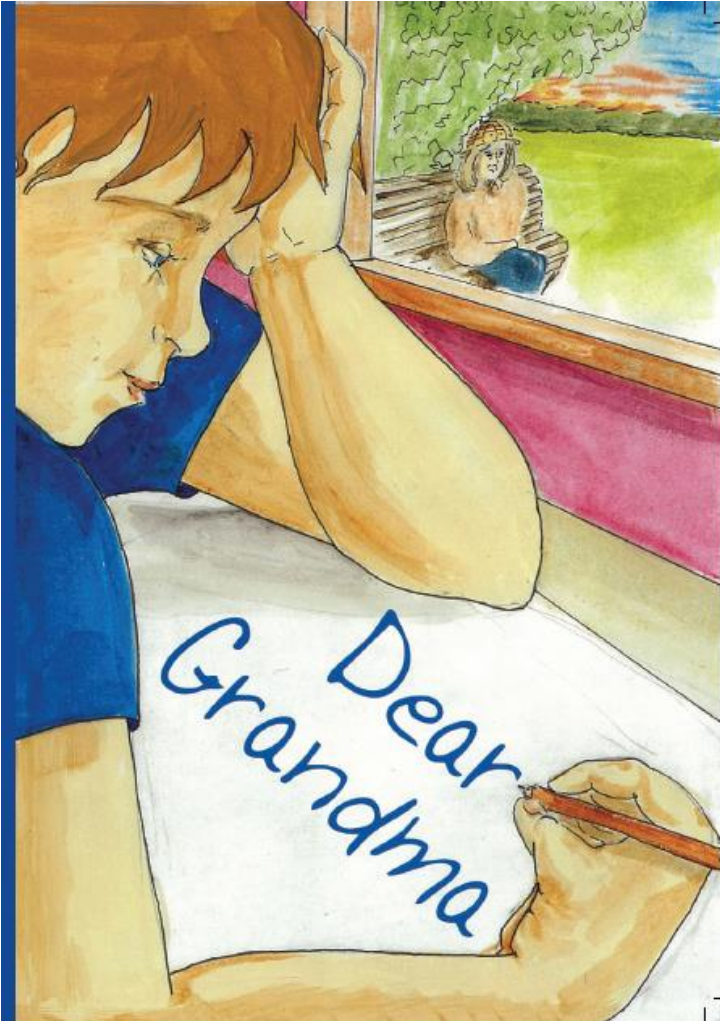
Dear Grandma
I will always be there
to help you
remember things.

Zoe



Chapter 2

After School



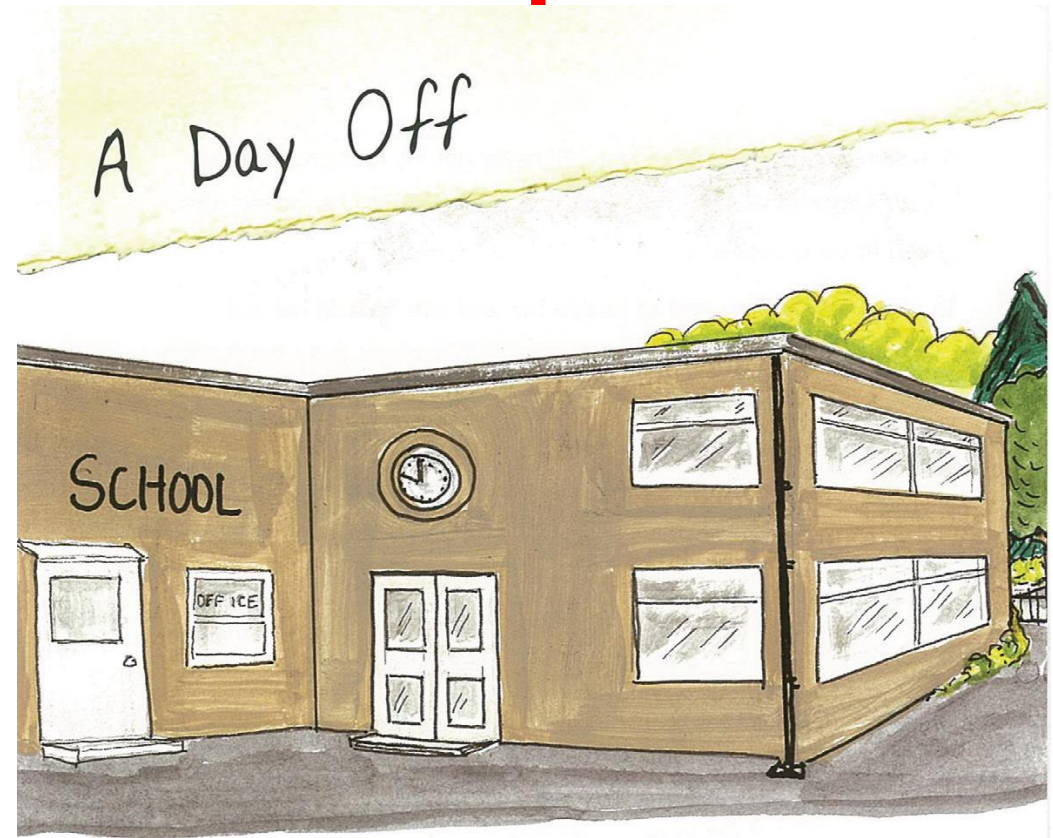
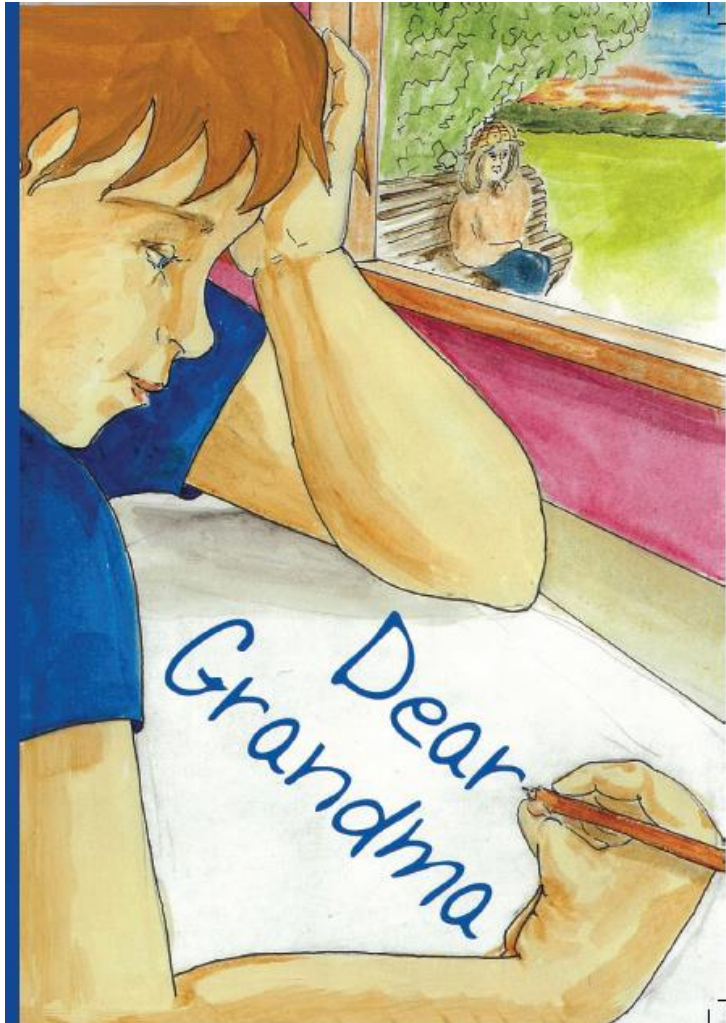
Excerpt read by
Amy Tinney



Dear Grandma
I Like Looking after you
Very much,
But Sometimes I Like to
be looked after myself
♡ Zoe



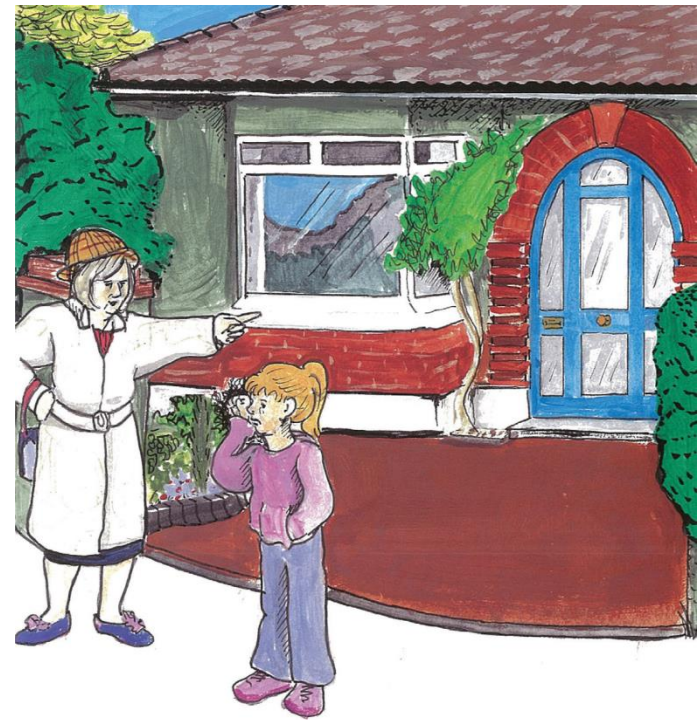
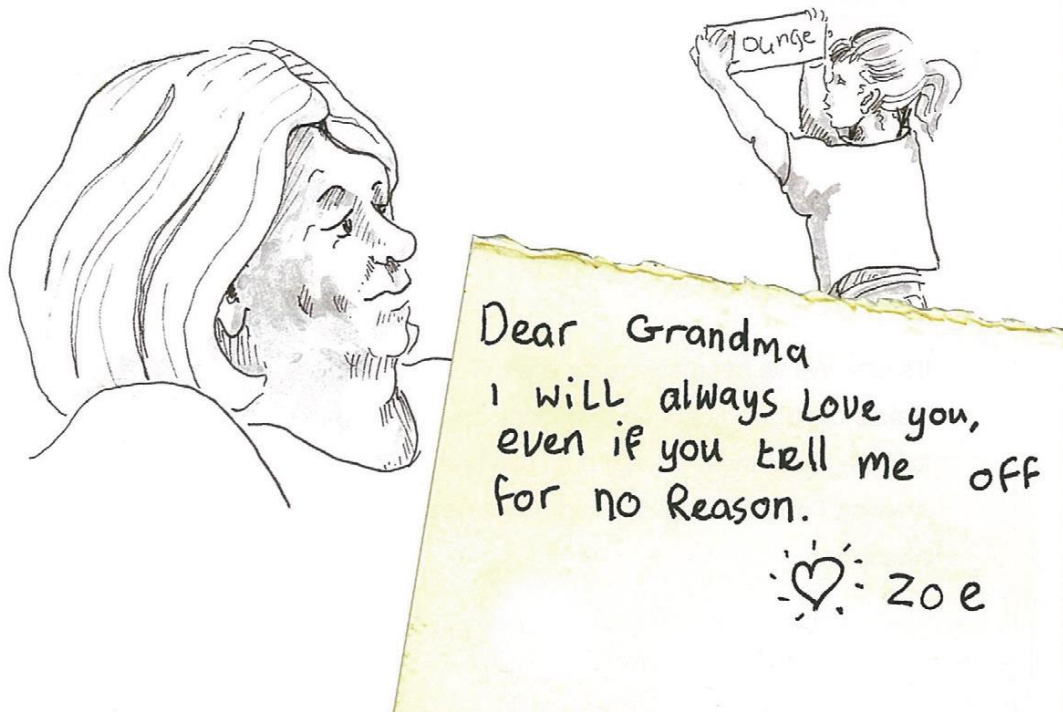
Chapter 3



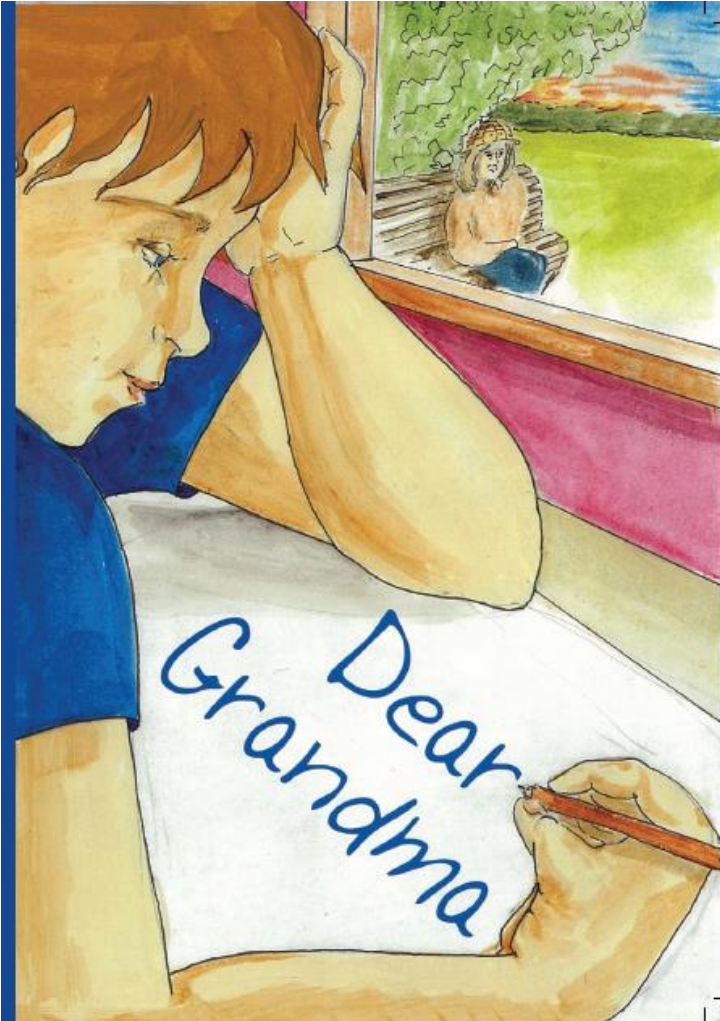
Excerpt read by

Chloe Hetherington





Chapter 4



Grandad's Fall

Excerpt read by
Jasmine Tinney

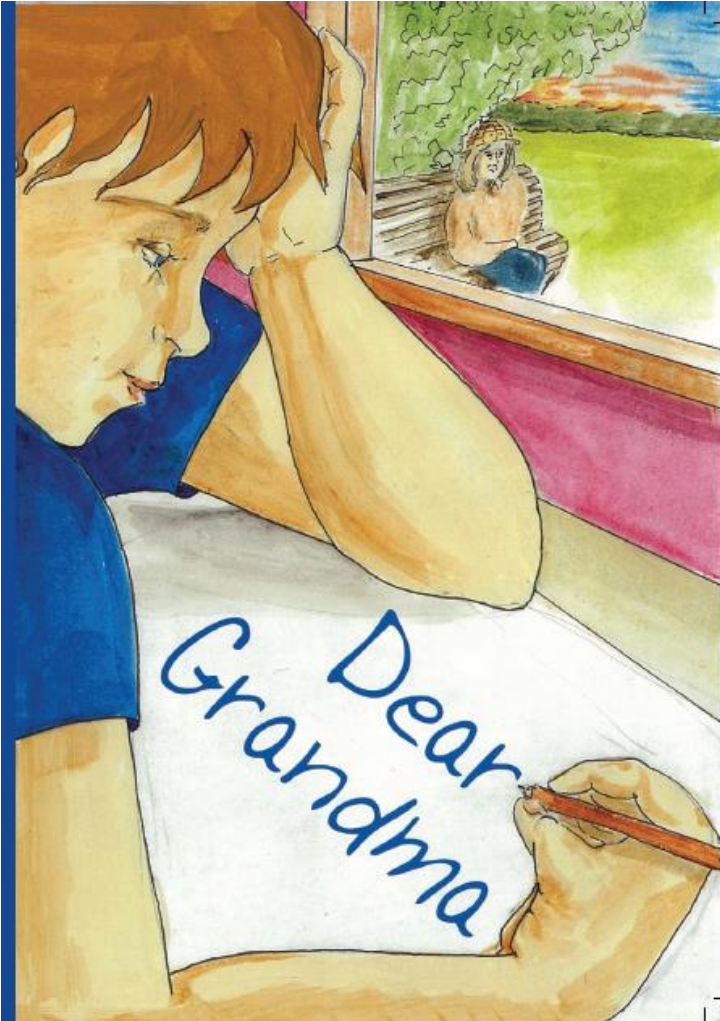




Dear Grandma
I'll be like a mum to
you.
♡
zoe



Chapter 5



Mum's Turn



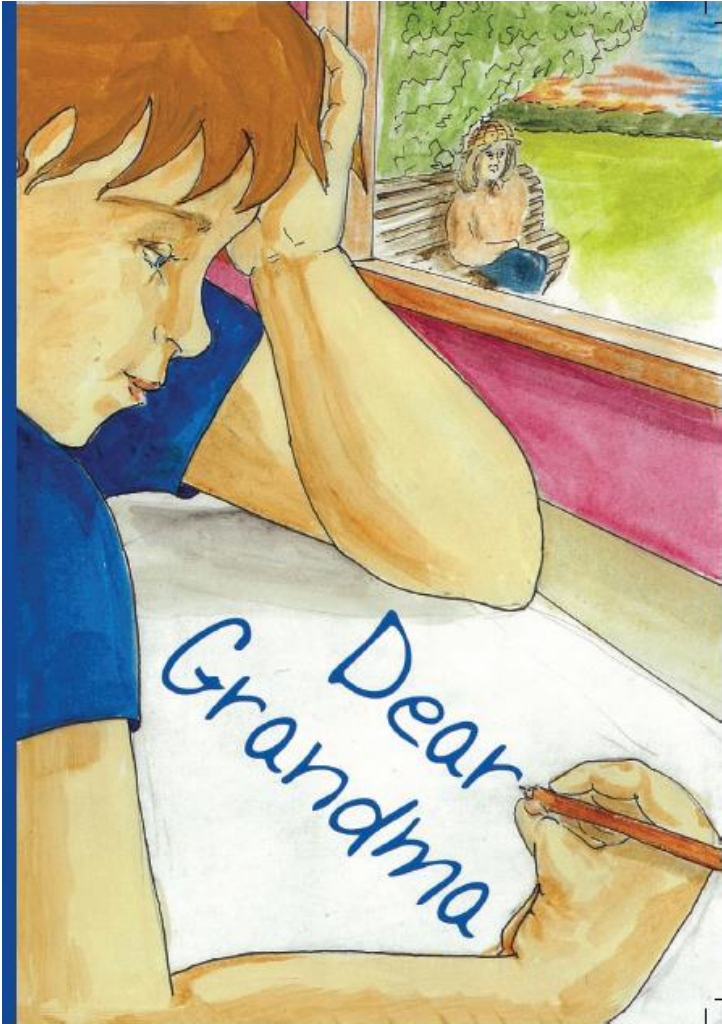
Excerpt read by
Amy Tinney



Dear Grandma
You are ~~off~~ in a world
of your own, and often I
don't understand you,
but i'll keep trying to
see how things feel for you.
♡ Zoe



Chapter 6



Excerpt read by
Chloe Hetherington



Dear Grandma

Grandma, It's me,
Your Grandson.
Do you recognise me?
You often forget me,
But I will always remember you

In Your head,
You're no longer the same,
You're different.
You don't think like you used to.
You don't think about things in the
same way.

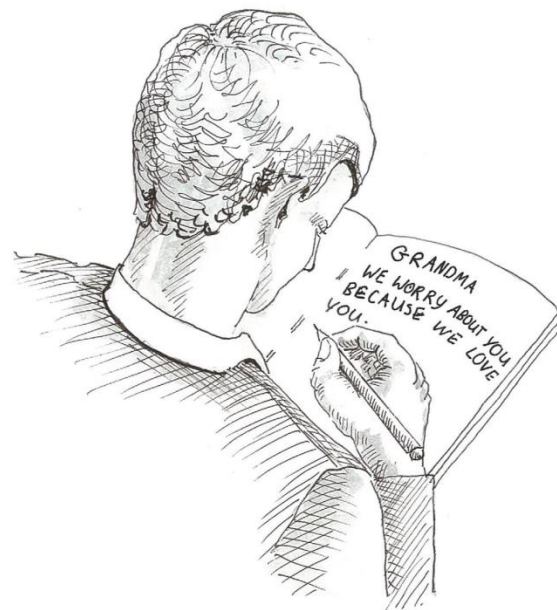
Very often,
You ask me the same question.
Despite my answering,
You ask me again.
But it's not important,
I'll continue to answer

You do a lot of silly things,
without even realising.
But I watch over you,
And help you as best I can.

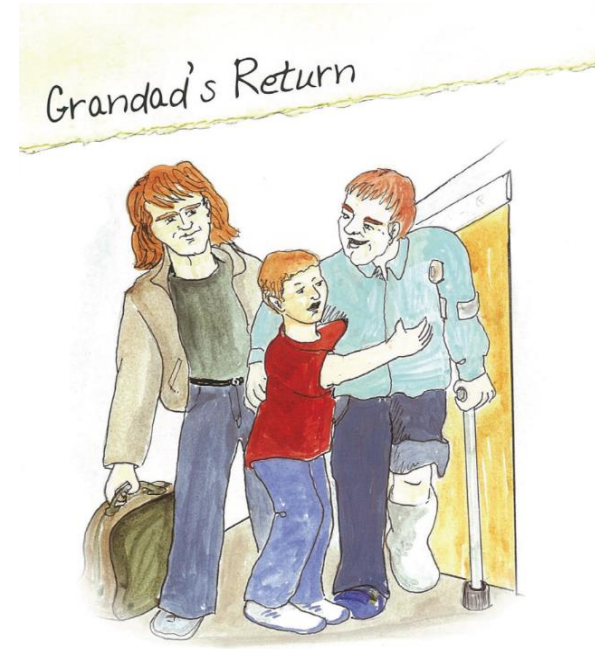
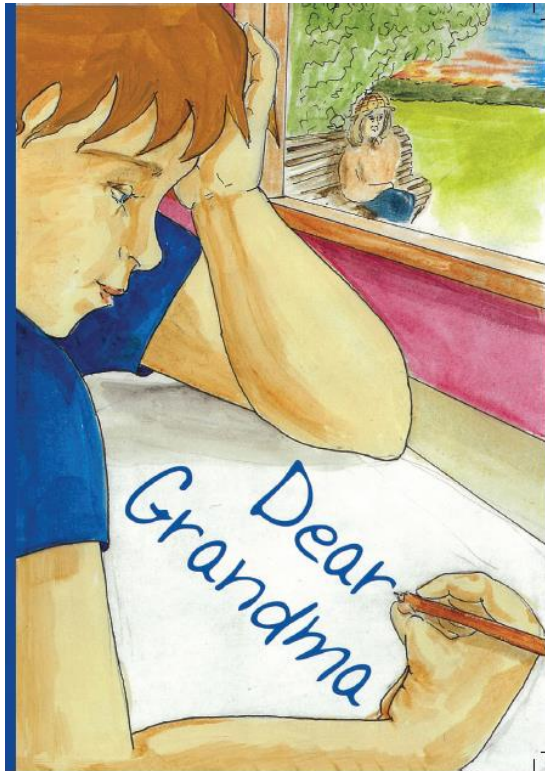
Grandma,
It isn't your fault,
So don't worry about it.
It's because you're sick.
That's why you're like that.

You've got Alzheimer's disease.
It makes you forget.
It's you who are sick,
But we around you,
we suffer too.

To cure it,
There is no medicine.
Just a lot of Love...



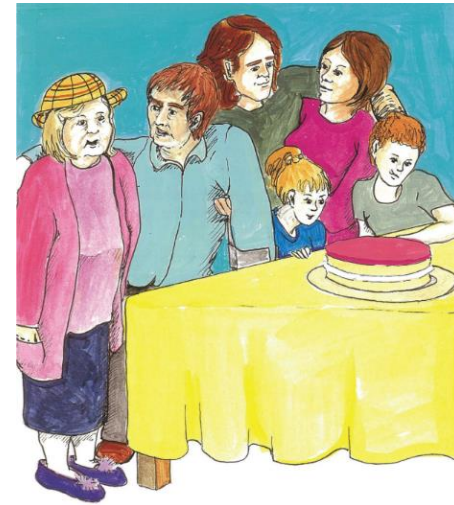
Chapter 7



Excerpt read by
Jasmine Tinney



Dear Grandma
We never forget you
now, and we'll never
forget you ever.
♡ Zoe





Donegal
It's different up here!

*But it could be even more
different!*



Dementia Aware Donegal

aims to ensure that our children and their families not only understand about Alzheimer's

but are motivated to take positive steps to improve the live of all the families effected by the illness.

Donegal

A coastal landscape with a boat on a beach and text overlay. The background shows a wide, sandy beach with a small boat beached on the left. The water is calm, and the sky is clear. The text is overlaid in white, italicized font.

At about €40,500 per person, the national cost is €1,690,000,000 (almost €1.7 billion)

That is more than cancer, heart disease and stroke patients put together

48% is due to informal family care

43% is residential long-stay care

9% is formal health and social care service

What can you do?

Support local fund-raisers and volunteers

Support local provision by HSE & ASI

**Make your voice heard in support of making
Alzheimer's a national health priority**

Ensure that the needs of people living with
Alzheimer's and their carers are considered in
any activities you undertake

**Make your town a dementia friendly
community**

Donegal

The background image is a scenic landscape. It features a bright blue sky with wispy white clouds. Below the sky is a green grassy field in the foreground. In the middle ground, there is a body of water with varying shades of blue and green, possibly indicating different depths or vegetation. In the far distance, there are low hills or mountains under a hazy sky.

Social network

Family and friends "drifting away"

John used to go down the pub with his mate Dave, who he now no longer sees because Dave doesn't know what to say to him.

There is a need for wider public information and awareness



Local groups

Being part of a support or social group gives people with dementia **confidence** to be part of the wider community.

An important "**stepping stone**" to the wider community.

The Local Authority can influence so many organisations / clubs in their area.

Really at Home?

- **At home with family**
- At home when visited by friends and neighbours
- **At home in a community that values you as a full member**





Donegal Branch Office:

074 97 22795

Confidential National Helpline: 1800

341 341

Is feidir linn!

Aye we can!

Alzheimer Society of Ireland [Donegal Branch]