

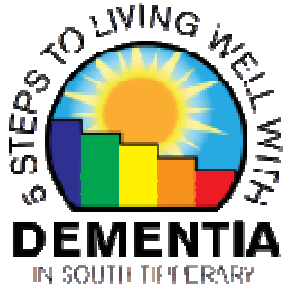
**5 Steps to Living Well with  
Dementia  
in South Tipperary  
Genio/HSE funded project  
[www.southtipperarydementia.ie](http://www.southtipperarydementia.ie)**



**The process...**







# Aim

We wanted to *transform the life experience* of people with dementia and their families in South Tipperary.



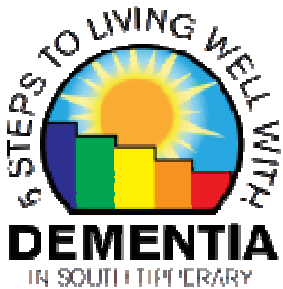
## We consulted widely

- People with mild to moderate dementia
- Past carers of people with dementia who had died
- Carers of people with mild dementia
- Carers of people with moderate dementia
- Carers of people with severe dementia.

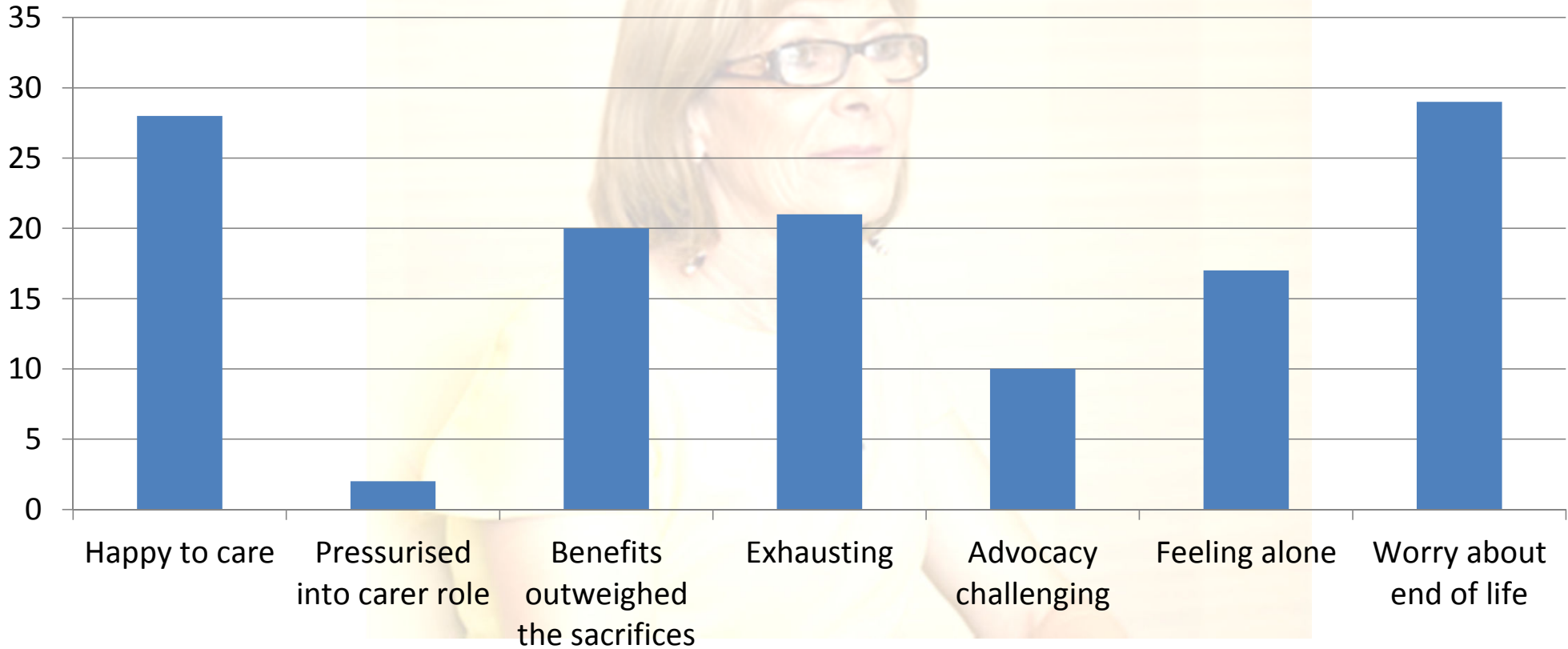


What they told us....





# How it feels to be a carer of someone with dementia in South Tipperary.





## We found that....

- The majority of our carers are spouses, living alone as a couple (88%)
- Half are over the age of 65 years (52%).
- Most carers are caring for a single individual (89%) and half had been carers for more than 3 years.
- 10% were caring for more than 10 years
- Most (88%) find the memory loss of dementia difficult to cope with.

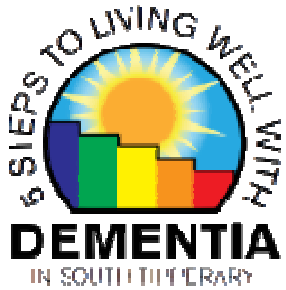




## Carers said.....

- Most (74%) had considered a nursing home admission in future, as the disease progresses.
- Half had either refused to take a loved one home from hospital or considered an early nursing home admission because of fear of managing their loved ones symptoms.





# The Structure

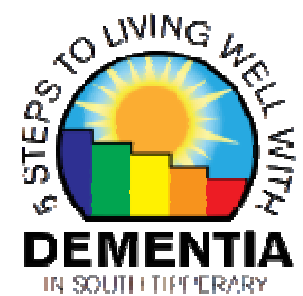
- Step 1 Pre-Diagnosis
- Step 2 Early Dementia
- Step 3 Progressive Dementia
- Step 4 Advanced Dementia
- Step 5 Living well and Dying well



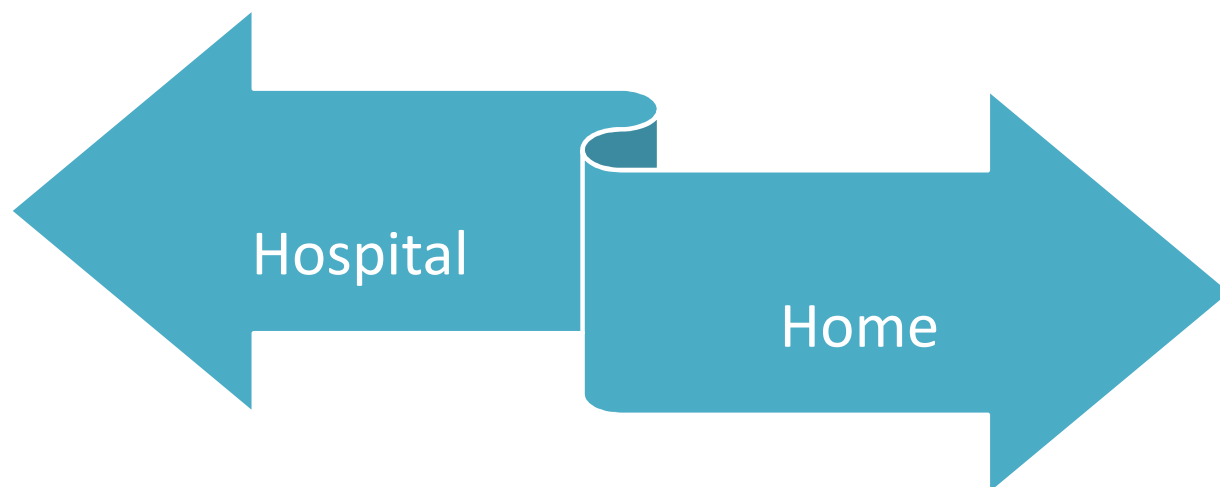


## Dementia Support Worker Initiative

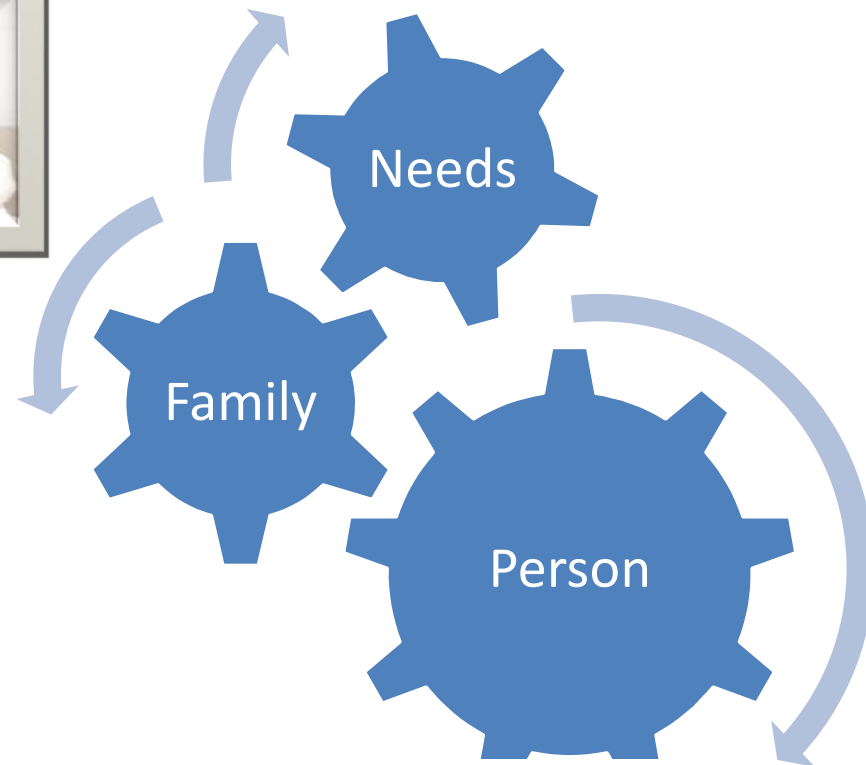


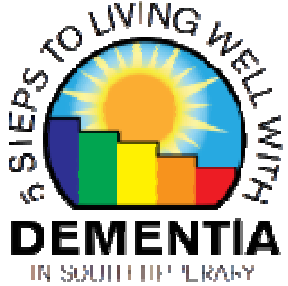


# Respite



# Individualised supports





# Crisis Response

Ellen's story



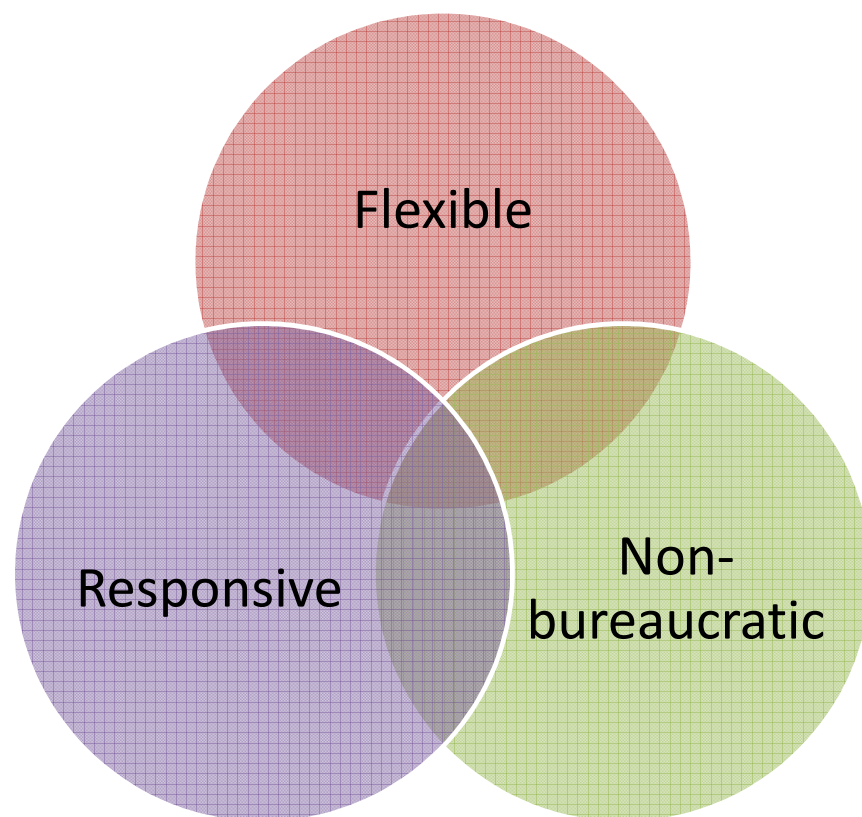


# Crisis minimization





# Single point of contact

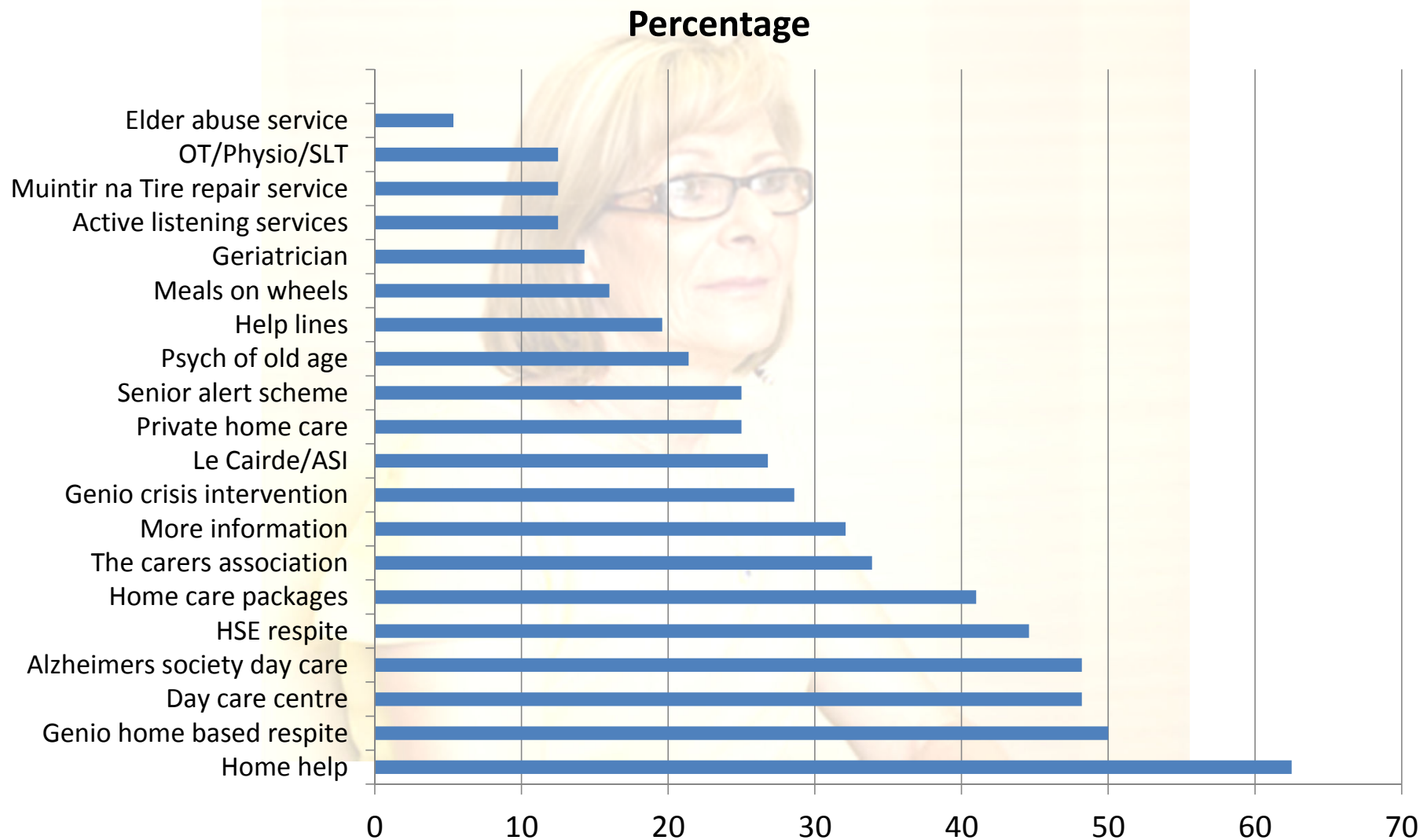


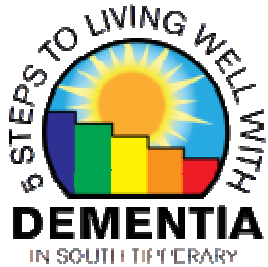


# Clinical Nurse Specialist in Dementia

- Specialist dementia knowledge
- Clinical experience and expertise
- Explores and identifies needs
- Provides specialist interventions

## What Services Carers felt were most useful to them

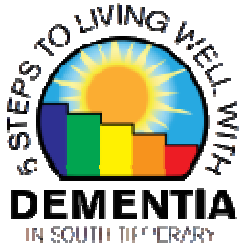




## Cost effective



- 350 people supported in a bespoke manner = Cost of 3 people in a Nursing home for 3 years

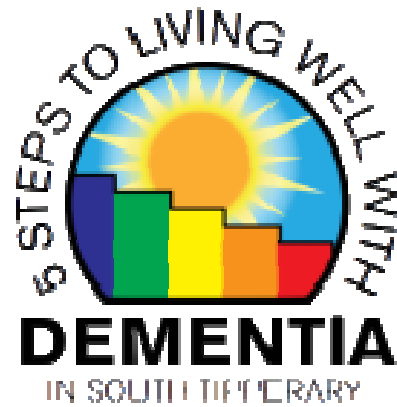


## Quotes

- “the service was of great value to my mother and it was a life saver for us her family”
- “ it was person-centred and always uplifting”
- “ helpful, friendly, made us feel like it wasn’t hopeless and gave Mam something to look forward to every week”
- “ I look forward to the day I have the support”



‘Whatever you can do, or think you can, begin it.  
Boldness has Genius, Power and Magic in it’.



Thank you.