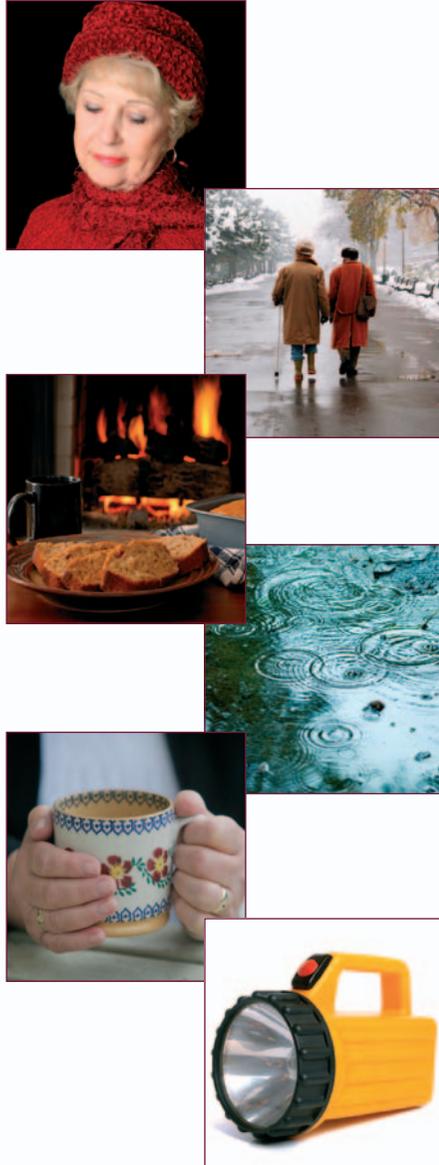


Tips for Winter:

- For arthritis sufferers it is important to exercise all year round, in winter you can do this indoors by walking in a local shopping centre.
- As the evenings get longer and colder a carer can help you by lighting the fire, making your dinner and doing some light housework.
- It is important to keep torches or candles at easy access in case of power failures.
- With snow and ice, shoes with a grip sole on them is an advantage.
- If the cold weather stops you from getting out and about, why not ask your carer to bring you the newspaper or some essentials.
- With cold mornings coming, don't forget to set the heating to go on before you get up in the morning.
- Heat should be kept on a low heat to avoid pipes freezing in your home.
- Consider having a carer in the morning as getting washed and dressed can give you a positive outlook to the day.
- Booking a carer for three hours can be more productive than booking the same carer for three single hours.
- Don't forget you may not need as much care as you think. With our 21 years experience call us today and we will be able to help you with a care plan that suits your needs.



Dear Friends...

Welcome to our October newsletter 2010.

As the cold weather and winter approaches I would like to remind you of our special overnight rates from as little as €74.50 (22.00-08.00). A carer can give you peace of mind and can help in many ways from cooking dinner, keeping the house warm to having a nice chat over a cup of tea through to high dependency care including hoisting and peg feeding.

As a former Director of Age Action I am delighted that we could be part of Positive Ageing Week this year and also involved in the 8th year of marking the UN International Day of Older Persons.

Thank you for your continued support.

Yours Sincerely

Elizabeth Nicholson
MANAGING DIRECTOR



Elizabeth Nicholson
Managing Director



Positive Ageing Week Event

Private Home Care held a 'Share a golden moment' tea morning on the 1st October (UN International Day of Older Persons) in support of Age Action Ireland's Positive Ageing Week in the Lucan Youth Centre. We were delighted to welcome members of the U3A, ACE and the Irish Country Women's Association as well as some of our local councillors, TDs and Senators. We would like to thank all those who turned up to support Positive Ageing Week. A great morning was had by all.



Top photo: Anne Marks (Private Home Care) enjoying a cup of tea with her friend Maureen.

Bottom left photo: Anne Marks (Private Home Care) with Labour Councillor Eamon Tuffey and Minister John Curran.

Bottom right photo: Some friends enjoying their tea during the 'Share a Golden Moment' tea morning.

Carer Story

We hear many stories from clients and carers about their interactions with each other. One that really captured our attention was from Victoria, one of our long time carers. The client whom Victoria was matched with is mid eighties and has Alzheimers. Victoria discovered through conversations that he worked on a farm in his younger years.

"I work with a man who is 82 years old who suffers from Dementia and Alzheimer's. During my visits he would constantly cry out for his wife and demand her attention. When she went shopping I would try to calm and reassure him. I did this by talking with him, reading stories and praying with him. At times he would become agitated and I would assure him that his wife was on the way home".

Through our conversations I discovered that he used to live on a farm, so I told him about a virtual farm that I have on Facebook. I explained to him how it works. (For those who don't play games on the internet Facebooks' Farmville is a virtual farm used by over 32 million people a day worldwide).

I decided to show him my farm on his laptop computer. He smiled when I clicked on the cows to milk them, he also seemed amused by the movements of the animals and their noises. I then asked him to click on the cows and take over control of the mouse. He took it and played with the sheep, ducks, cows, etc.

Playing this game really helped my client become calm and relaxed, a huge change in his behavior. I am delighted to share this story in case it may help others in similar situations.

