

Dear Friends,

Welcome to our first newsletter of 2012. We are delighted to announce the launch of both our new website and our new vouchers for home care. You can look at our new website at **www.privatehomecare.ie**. Our marketing department would be happy to hear any feedback you may have. Our new vouchers may make it easier for people to introduce the idea of care to a family member or friend. They may also be very useful for extra care that you may need for someone.

We have been very busy in the last few months getting “out and about” looking for ways to help people who need care and to inform people of the services that Private Home Care can provide.

Finally I would like to congratulate 55 of our carers who recently received their FETAC Level 5 Practical Home Care Skills certification.

We hope you enjoy reading our latest newsletter. Thank you for your continued support.

Elizabeth Nicholson

MANAGING DIRECTOR



Elizabeth Nicholson
Managing Director

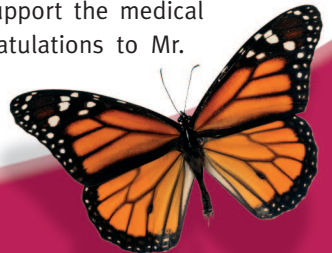
Out and About

Cork



Above: Avril Murphy,
Nurse Manager.

Private Home Care was pleased to exhibit at the First Primary Care Conference which took place in Mitchelstown, Cork on Thursday 10th November 2011. One of our Nurse Managers, Avril Murphy, represented Private Home Care at the conference, which was aimed at the medical community. The aim of GPs is to keep patients out of acute hospitals for as long as possible and Private Home Care is delighted to support the medical community in this endeavour. Congratulations to Mr. Chris Wheeler, who won our draw and received an apple ipod shuffle.



“We care for others as we would like to be cared for ourselves”

New: Give the Gift of Care

Private Home is delighted to launch our new homecare vouchers. Sometimes it can be very hard for people to admit when they need extra support for themselves or around the house. We feel that vouchers are an easy way to introduce the concept of support. They allow the user a trial period to get used to care and they can then decide whether they would benefit from ongoing support.



Sometimes people need care sporadically, for example when they come out of hospital, have an injury, if family carers are away or for a special occasion. These vouchers can be very useful for the user at any of these times.

How does it work?

Vouchers are available in four hour blocks only for €72. This includes full insurance for carers and all administrative costs. Up to 41% tax relief is available if anyone in your family pays tax at the highest rate (please contact your tax office or accountant for further details).

All our carers have been interviewed face-to-face by a professional HR manager, are garda vetted and trained to our high standards. We really do our best to match carers to clients' specific needs.

To purchase a voucher please ring **01 6219101** or email **anna@privatehomecare.ie**. Vouchers can be posted or emailed to you or to a recipient of your choice with a tailored message from you. All the recipient has to do is ring Private Home Care when our Client Administrators will match a suitable carer to the recipient's profile and needs.

New Website

Private Home Care launched our new website in November 2011. To check it out now, please visit **www.privatehomecare.ie**. There are lots of videos featuring our expert staff who offer practical advice and guidance on many aspects of care that you may find useful.



Could Therapeutic Robots be the Way of the Future?

In Japan, Dr.Takanori Shibata and his team have been developing therapeutic robots that provide psychological, physiological and social effects to humans through physical interaction. The psychological effect from this therapy is that it motivates and relaxes the patient. Physiologically it helps improve vital signs. Socially, animal-assisted therapy activates communication between inpatients and care givers. Paro was developed because a lot of hospitals and nursing homes don't accept animals due to infection. Paro's appearance is from a baby harp seal. He has tactile, vision, audition, posture sensors and a generation system that generates behaviours like a real animal.



Pediatric Wards, Day Service Centres and Nursing Homes in Japan have used Paro for therapy and found the moods of both children and elderly were improved from the interaction with him. By interacting with Paro, it encouraged the patients to communicate with each other and their care givers. Urinary tests showed that the stress levels of elderly patients were greatly reduced. EEG tests on demented patients proved that their brain activities were improved from interacting with Paro. In 2040 it is predicted that 84 million people in the world will suffer with dementia. Robot Therapy like Paro has a high potential to prevent dementia.



In Ireland, Peata (www.peata.org) is a voluntary association where volunteers with suitably behaved dogs visit people in hospitals, nursing homes, and long-term hospitals, institutions for mentally and physically impaired, day care centres etc. The benefits of pet therapy are:

- helps to combat isolation, withdrawal, loneliness, boredom and depression
- brings companionship and aids social interaction.
- gives non-judgemental affection.
- helps reduce stress and lower blood pressure.
- aids stimulation and motivation.
- very important for people who have had to give up a pet when entering a care home.

Recipe: Baked Salmon and Ratatouille

Eating baked or grilled fish once a week could stave off Alzheimers by stopping the brain from shrinking, claim US researchers at the University of Pittsburgh School of Medicine.

Ingredients: 1 red pepper, 1 courgette - medium, 1 aubergine - medium, 1 onion - medium, 1 or 2 garlic cloves - according to taste, 1 tin tomatoes, dried herbs or fresh herbs (rosemary, sage, parsley, oregano), Salt and black pepper, Oil - vegetable or olive oil, Salmon.

1. Chop the pepper into strips, the courgette and aubergine into slices, dice the onion and finely chop the garlic clove. If you are using fresh herbs, chop them roughly.
2. In a large pot, heat the oil and fry the onion gently until they are soft and translucent but not brown.
3. Add the peppers and fry until they are soft.
4. Add the courgette, aubergine and garlic, stir and cook for 10 minutes, covered. Stir after 5 minutes.
5. Stir in the tomatoes and the juice from the tin and add the herbs. Season with salt and pepper to taste – remember you can add more at the end, so don't be too generous.
6. Cook for 20 minutes, stirring half way through. Taste and season again if it needs it.
7. Bake your Salmon for 15 minutes and add the ratatouille to the top of it.

Out and About contd.

Information Day at Nutgrove Shopping Centre, Dublin

Right:
Anna Lloyd,
Marketing
Executive
at Nutgrove
Centre.



Irish Women in Business

Private Home Care was pleased to attend the Irish Women in Business awards on November 12th 2011 which was hosted by Irish Tatler magazine. This event raised funds for the Blackrock Hospice.

