

**Innovative New Information Pack Launched to become ‘A Bible’ for
Family Carers**

The Carers Association, the national voluntary organisation representing Ireland’s 150,000 family Carers, have launched a new Carers Information Pack. Minister for Social and Family Affairs, Seamus Brennan TD launched The Carers Association’s new Carers Information Pack today in Dublin (24 July 2006).

The Carers Association has been researching and collating information for the Information Pack for over 2 years. The pack provides family Carers with all the information they require from when they first become a carer, to assisting them throughout their caring role and helping them to deal with the stresses and challenges they face daily as family carers.

“We are delighted Minister Brennan is launching our new Carers Information Pack today”, says Enda Egan, CEO of The Carers Association. There is often confusion surrounding rights, entitlements, supports and services for carers and a lack of accurate up-to-date information on how to access these services. This pack will provide that ‘one-stop-shop’ on information for family carers. The pack is further complimented by our 16 resource centres throughout Ireland as well as by our National Freephone Information line 1800 240724”.

The new Carers Pack contains information on the following topics –

1. The Carers Association Supports for Family Carers
2. Supports for Carers from the Department of Social and Family Affairs
3. Supports for Carers from the Health Service Executive
4. Technical Aids, Transport and Housing Supports for Carers
5. Training for Family Carers
6. Managing Health and Medications
7. Managing Finances
8. Caring Safely in the Home
9. Stresses of Caring, Carers Choices and Coping Skills
10. Taking Care of the Carer and Feelings Associates with the Caring Role
11. Loss and Bereavement

“The publication of the new pack is an important ‘first’ for family Carers”, says Mr. Egan. “Previous information packs for family Carers have mainly focused on Governmental Supports, Training and Aids for Carers. We have gone far beyond this and have focused for the first time on emerging issues facing family Carers such as managing finances, the stresses of caring and the health and well being of the carer themselves”.

Moira Skelly, a family carer from Dublin expressed her delight when she received the new Information pack and says “If I had this information when I first became a carer

perhaps things might not have been so difficult, I would have known where and how to access essential services”.

“We are very proud to be offering our Carers Information Pack. We are confident that the Pack will provide family Carers with all the relevant information they require. Our Centre Managers nationwide are also always available for advice and support”, concludes Mr. Egan.

“We would like to thank the Department of Social and Family Affairs for sponsoring this project and look forward to working with them on other projects for Family Carers over the coming years”.

For a copy of the Carers Information Pack, call the The Carers Association National Careline on Freephone 1800 24 07 24 or see www.carersireland.com.

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For further information please contact:

**Mary Tallent, Purcell Masterson Associates on:
056-7723211 / 086-3010209 mary@purcellmasterson.com**

Enda Egan, CEO of The Carers Association on 057-9322933.

Editorial Note:

Enda Egan, CEO of The Carers Association and family Carers will be available for interview on request or at the Launch of the Carers Information Pack which will be held in Buswell's Hotel, Dublin 2 from 12 – 12.30 pm.

Photography will be taken by McInnes and can be supplied on request.

The Carers Association is the National voluntary organisation of family carers in the home, providing support services, respite, training and information to carers throughout Ireland. The Carers Association can be contacted on the National Careline Freephone 1800 24 07 24 or see www.carersireland.com.