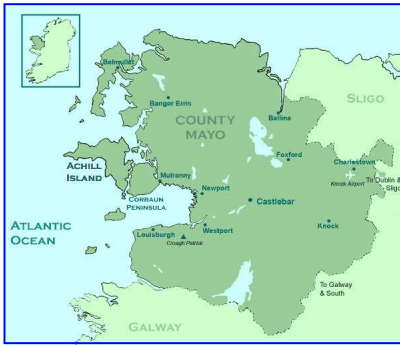


Outreach & Training Programme for Co Mayo



National Care Line: 1 800 24 07 24

- ◆ Identify the needs of family Carers in Co Mayo including those of Young Carers
- ◆ Provide quality training in Practical Home Care Skills for Family Carers accredited by FETAC and/or City & Guilds
- ◆ To establish and/or enhance local support groups
- ◆ Provide information sessions for family Carers and those involved in caring roles
- ◆ Create awareness of The Carers Association for people caring for loved-ones at home in Co Mayo
- ◆ Enable Mayo's family Carers to establish a voice on a national level through membership

Contact Details:

Eileen McNamara

Carers Association Outreach
Facilitator
Currane, Achill, Co Mayo
Tel: (086) 3775702
Fax: (098) 20889
email: carersmayo@carersireland.com

National Office

Market Square, Tullamore, Co. Offaly
Tel: (057) 9322920
Fax: (057) 9323623
www.carersireland.com



*Co Mayo
Outreach &
Training Resource*

About Us

The Carers Association, founded in 1987, is a national voluntary body and registered charity (CHY 10962) supporting and representing family Carers in the home. Our vision is to achieve equality, recognition and a better quality of life for family Carers.

We offer:

- Practical and emotional supports through information and support group meetings.
- National Care Line listening service **FREEPHONE:** 1 800 24 07 24 (9.00am-5.00pm weekdays)
- Accredited Training: Practical Home Care Skills (FETAC, City&Guilds) Patient Moving & Handling, Stress Management, and Topic-Specific courses, as requested.
- Advocacy and partnership to promote the interests of family Carers and those receiving care in the home.
- Membership in The Carers Association to increase the strength of Carers' collective voice in regards to lobbying for advancements in the social policies that affect both Carers and those for whom care is given.

What is a Family Carer?

A family carer is an individual, *of any age*, who provides in-home assistance to one or more family members, relatives, friends, and/or neighbours who have difficulties looking after themselves or in undertaking daily activities due to special needs, age, and/or illness.

- Carers may be required care for young or old due to age, disability, or special needs.
- Carers provide care on either a full-time or part-time basis
- Carers may or may not receive *Carers Allowance*
- Carers may also be in full or part-time employment and/or education
- Carers may or may not have health issues of their own



Mission Statement

To gain recognition, empowerment and a better quality of life for the unseen group of everyday heroes who are Ireland's family Carers.

General Enquiry

Please complete and post if you wish to be contacted:

I am a (please indicate)

- Carer
- Former Carer
- Other

Age Range:

- Under 25
- 26-35
- 36-40
- 46-50
- 56-60
- 60 +

I am interested in:

- Support Groups
- Training
- Information Sessions

Comments:

Name

Address

Phone

email

Please post forms to:

E. McNamara

Carers Association Outreach Facilitator
Currane, Achill, Co Mayo
email: carersmayo@carersireland.com