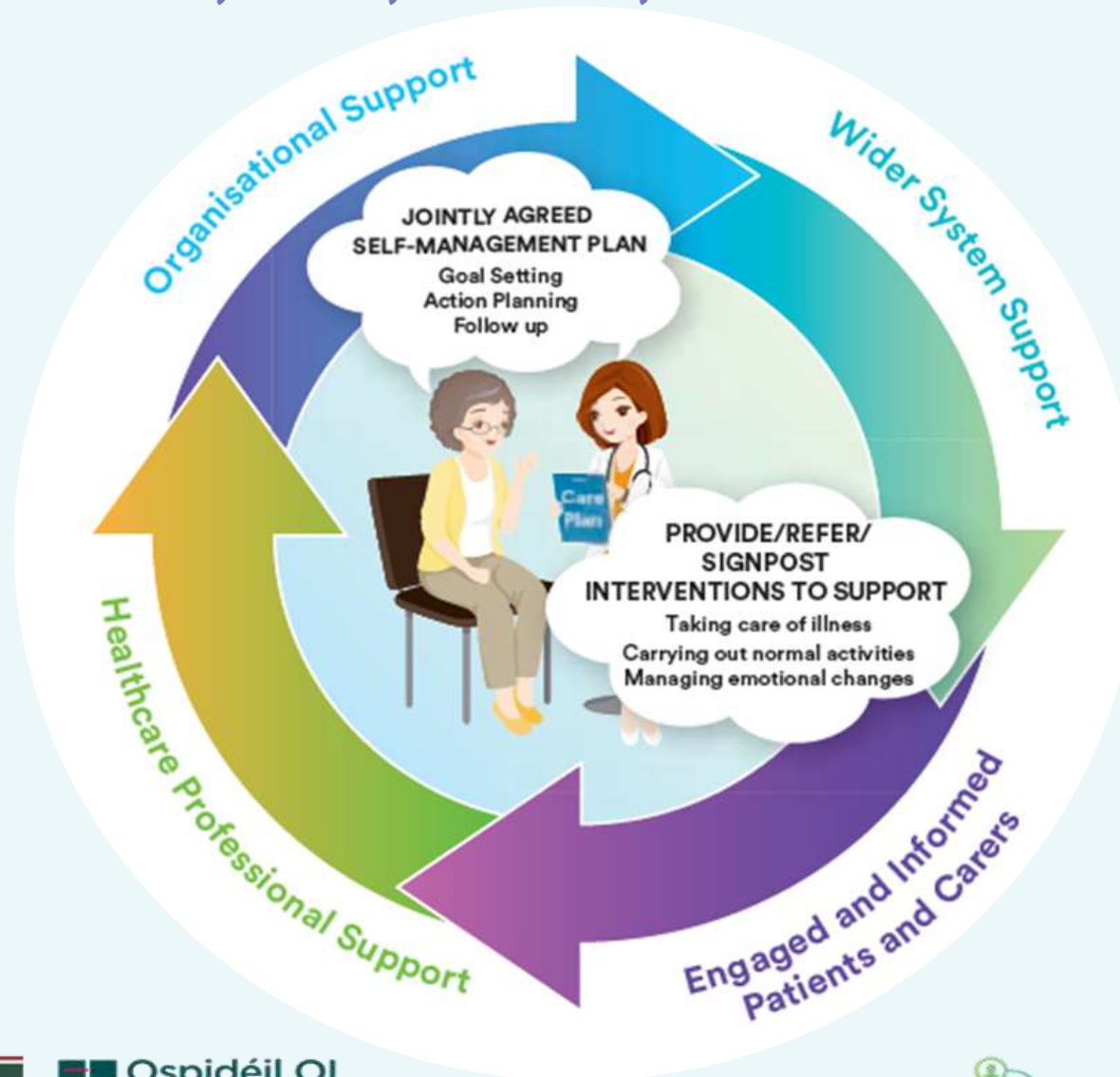


Mid West Community Healthcare

North Tipperary Directory of Services and Programmes

for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke



HSE Mid West
Community Healthcare

Ospidéal OL
UL Hospitals
Working together, caring for you



Self-management
Support



Connecting people living with long-term health conditions to services and services to each other.



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

This Directory is a work in progress, and will be updated and re-circulated periodically.

The most up to date version can be found at: <http://www.hse.ie/eng/health/hl/selfmanagement>

Please contact the Self-Management Support Coordinator if you would like to make any suggestion on how it can better meet your needs.

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Foreword

The Health and Wellbeing division Mid-West Community Healthcare is delighted to issue the first edition of the Self-Management Support Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke. This directory is a priority action of the 'Living Well with a Chronic Condition: Framework for Self-Management Support' and a key action in our Health and Wellbeing strategic plan for the HSE Mid-West Community Healthcare - 'A Step in the Right Direction Building Connections – Delivering Together'.

This directory will assist healthcare professionals to support adults living with or caring for someone with a long term health condition by signposting them to condition specific self-management supports such as pulmonary rehabilitation, cardiac rehabilitation and diabetes structured education programmes. These programmes aim to equip individuals with the knowledge, skills and confidence to live well with a health condition. The directory aims to connect people with long term health conditions to services and services to each other.

The inclusion of social and community supports, peer support groups and emotional and mental wellbeing supports recognises the value of these resources in assisting people to self-manage, and help contribute to leading a healthier life.

This directory was initially produced by the Self-management Support Co-ordinator, Michelle Lynch, Health and Wellbeing, Mid-West Community Healthcare and has been reviewed & edited in 2021 by Ruth Reidy. It highlights the range of services within the community and the hospital settings which are available to people with long term health conditions living in Limerick. It is intended as a resource and a support for our colleagues when working with people with long term health conditions. This directory is a first step towards building the road map required to live well with a long term health condition.

This directory will also be used as a key tool in implementing Making Every Contact Count (MECC) across the Mid-West Community Healthcare. We would like to express sincere thanks to all the individuals, services and organisations that provided information and assistance with the development of this directory. This directory will be updated and re-circulated periodically. We would value your opinion and invite you to send any feedback or suggestions for future editions to ruth.reidy@hse.ie

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Note: All website addresses mentioned in the 'How to Access' column are hyperlinked, so when you click on them you will be connected to the referenced website.

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Category	Service	What is involved?	How to access?
Asthma and COPD	Respiratory Assessment Unit (RAU). UL Hospital, Nenagh	<p>Review and management by the Clinical Nurse Specialist (CNS) in Respiratory.</p> <p>The Respiratory Advanced Nurse Practitioner attends the RAU in Nenagh weekly.</p> <p>The RAU covers: Disease management and prevention dealing with COPD, Asthma, Bronchiectasis, interstitial lung disease etc. Education and management of respiratory symptoms relating to COPD / Asthma / Bronchiectasis etc.</p> <p>Inhaler technique and regime</p> <p>Spirometry (+/-reversibility testing)</p> <p>Respiratory medication management and review</p> <p>Oxygen Clinic weekly – oxygen assessment and therapy</p> <p>Airway clearance techniques / aids</p> <p>Xolair (severe asthma) clinic bi-monthly</p> <p>Follow up post discharge of in-patient referrals / reviews</p> <p>Virtual clinic (phone / video consult)</p> <p>Physical activity advice (+/- physio in-put)</p> <p>Smoking cessation (Brief Interventions +/- referral to Quit Mid West support services)</p>	<p>Referrals to the Respiratory Assessment Unit are accepted from the Nenagh Hospital Consultants and the Respiratory Consultants in UHL Dr Aidan O'Brien and Dr Brian Casserly</p>

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Category	Service	What is involved?	How to access?
Asthma and COPD	Pulmonary Rehabilitation UL Hospital, Nenagh	<p>Pulmonary Rehabilitation is a free programme of exercise and education for adults with long term lung conditions. This condition may impact your ability to perform your everyday/ social activities which this program aims to enhance. An initial assessment is carried out to determine your ability and suitability to participate in the programme. Assessment is repeated after completion of the program.</p> <p>Classes are run twice weekly for 6 to 8 weeks, on average 1 -2 hours per session. Each week an education session is completed on various different topics related to respiratory management.</p> <p>*To access this programme, patients must be under the care of one of the Respiratory Consultants in ULHG, and diagnosed with a respiratory condition.</p>	Referral to this Programme is by Respiratory Consultant only. Patients need to be under the care of a Respiratory Consultant in University Hospital Limerick Dr Aidan O'Brien or Dr Brian Casserly.

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Category	Service	What is involved?	How to access?
Asthma and COPD	Community Intervention Team (CIT)	Management of COPD and Asthma patients in conjunction with acute hospital or GP. Inhaler technique, education on home oxygen, nebulizers, medication compliance, palliative care etc. Health education and promotion.	Referral to this service is through your your Healthcare Professional. You may be referred when you are leaving hospital or by your GP for management at home and to prevent readmission Limerick: 061 483660 Clare: 065 6868321 North Tipperary: 067 46472 Service Hours 0800-2030 7 days.
COPD	Speech and Language Therapy (SLT) in the Hospital of the Assumption for COPD Patients Hospital Service	COPD Patients have increased incidence of dysphagia. When patients are admitted to St Camillus they receive an SLT review. SLT review and management during in-patient stay in St Camillus. Following discharge there is an outpatient follow up with SLT once a week for 6-8 weeks.	Referral is as in-patient in the Hospital of the Assumption. Speech and Language Therapist

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Category	Service	What is involved?	How to access?
COPD	Speech and Language Therapy (SLT) in Primary Care North Tipperary	COPD Patients have increased incidence of dysphagia (swallowing difficulties). Clients may be referred to Primary Care Speech and language therapy for assessment and management of dysphagia (swallowing disorder).	Referral is open to all and accepted from Hospital Consultants, GP's, PHN's and Self-Referral. Referral to SLT is made via your local Primary Care Centre.
Asthma and COPD	Occupational Therapy	Occupational Therapy is health profession concerned with promoting health and well- being through occupation. Occupational Therapy Services are based in the HSE Older Persons In-patient Rehabilitation Units and in Health Centres/ Primary Care Centres, as part of the multidisciplinary Primary Care Team. The primary goal of Occupational Therapy is to work with clients to overcome problems that prevent them from doing the things they need to be able to do. Occupational Therapy also works to support healthy lifestyles, prevent illness and promote health among the population. The Occupational Therapy service works with clients to maximise the functional abilities of people following their illness or disability. Client's needs and functional abilities are assessed and goals then set	Primary Care Occupational Therapy Service; Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs. Contact details available through your local Health Centre.

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Category	Service	What is involved?	How to access?
Asthma and COPD	Occupational Therapy (contd.)	<p>in partnership with the client/family. Intervention is then planned and may include;</p> <ul style="list-style-type: none"> • Education and advice to client/family regarding new strategies to maintain/improve function. • Provision of Aids & Appliances to support function. • Recommendations on home adaptations to create a more accessible and safer environment. • Seating /Postural management and advice. • Work with the multidisciplinary team to assess and document client Moving and Handling care plan. • Education and advice regarding Cognitive strategies. • Advice on energy conservation and fatigue management strategies. • Facilitating and conducting group work to support healthy lifestyles. • Onward referrals to specialised services. <p>Assessments and intervention are generally carried out by Primary Care Occupational Therapists in the client's own home or in a HSE building.</p>	<p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs.</p> <p>Contact details available through your local Health Centre.</p>

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Category	Service	What is involved?	How to access?
Asthma and COPD	Community Pharmacist	<ul style="list-style-type: none"> The Asthma Society of Ireland runs a number of Asthma in the Pharmacy days across Ireland. At these events a free asthma review is carried out by an asthma specialist nurse. The review covers inhaler technique; trigger management, advice for staying well with asthma and knowing when to visit your healthcare professional. Local community pharmacies can provide a number of services to help manage the condition and optimise medicines use: <ul style="list-style-type: none"> All community pharmacies have private consultation areas to speak with patients in private All community pharmacies will offer counselling on inhaler technique in order to maximise the benefit from prescribed medicines Smoking cessation advice and support is provided at all community pharmacies and some community pharmacies provide a structured smoking cessation support programme Many community pharmacies provide influenza and pneumococcal vaccination services. The vaccines may be free if you are in an 'at risk' group but you may be 	<ul style="list-style-type: none"> For further information go to https://www.asthma.ie/file/asthma-pharmacy-days-asthma-society-ireland or Phone 01 817 88 86 Complete the following form – https://www2.hse.ie/file-library/drugs-payment-scheme/drugs-payment-scheme-refund-form.pdf and submit by post to DPS Refunds, PO Box 12012, Dublin 11. <p>Further information can be found on https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-refunds.html.</p>

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Category	Service	What is involved?	How to access?
Asthma and COPD	Community Pharmacist (contd.)	<p>charged a consultation fee, unless you have a medical card or a GP visit card</p> <ul style="list-style-type: none"> • Some pharmacies offer a free Asthma Control Test which is an in-store assessment of your asthma condition over the previous four weeks. The pharmacist will subsequently offer personalised advice on improving asthma management. They can also help you understand your Asthma Action Plan if you have one. • Some community pharmacies provide structured weight loss programmes • Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than €80 (a maximum amount) each calendar month for: <ul style="list-style-type: none"> • approved prescribed drugs and medicines • rental costs for a continuous positive airway pressure (CPAP) machine • rental costs for oxygen 	<ul style="list-style-type: none"> • For further information go to https://www.asthma.ie/file/asthma-pharmacy-days-asthma-society-ireland or Phone 01 817 88 86 • Complete the following form – https://www2.hse.ie/file-library/drugs-payment-scheme/drugs-payment-scheme-refund-form.pdf and submit by post to DPS Refunds, PO Box 12012, Dublin 11 <p>Further information can be found on https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-refunds.html.</p>

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Category	Service	What is involved?	How to access?
Asthma and COPD	Dental Services	<p>Oral health is essential to general health and well-being. Oral health shares common risk factors with other chronic conditions and studies have linked poor oral health to other systemic diseases. Oral conditions have an impact on overall health and disease. Bacteria from the mouth can cause infection in other parts of the body when the immune system has been compromised by disease or medical treatments.</p> <p>Patients with asthma and COPD have increased risk of dry mouth which increases the risks of tooth decay, gum disease and bad breath and inhalers can further dry out the mouth. It is essential to follow instructions carefully in relation to rinsing the mouth immediately after using inhalers to reduce these risks and also to prevent fungal infection in the mouth e.g. thrush</p> <p>A good oral hygiene regime together with regular periodontal care can improve your health.</p>	<p>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). For further information go to: http://www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>


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Category	Service	What is involved?	How to access?
Asthma and COPD	Podiatry Service (Foot Care)	Assessment and treatment of foot condition impairing function based on clinical need. For patients with reduced circulation, we run a vascular assessment clinic.	Referral to this service is accepted from Consultants, GPs, Primary Care Healthcare Professional or Self Referral. Please contact your local Primary Care Centre for further information.
Asthma and COPD	Self Management Support Team, Midwest Community Healthcare	Living Well is a peer led, self-management skills programme, for adults with long term health conditions such as COPD and Asthma, and for carers. Free and delivered online during COVID-19	Details of upcoming Living Well Programmes are available on:- https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/
Asthma and COPD	COPD Support Group Thurles	Information and peer support to help those living with and caring for someone with COPD. They provide weekly meet up and exercise classes especially for people with breathlessness secondary to COPD, Asthma and related respiratory conditions. The group provides information and offers support and advice on living with breathlessness. The group meets every week on a Thursday. The cost is 5 Euro.	Contact: Kathleen Phillips Phone: 087-1335581 E-Mail: Kathleenballagh@gmail.com Location: Thurles Crokes Athletic Club, Thurles, Co. Tipperary When: Every Thursday 11am-12md COPD Support Ireland Free Advice Line: 1800 83 21 46, Mon-Fri 9am-5pm

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Category	Service	What is involved?	How to access?
Asthma and COPD	COPD Support Group Nenagh	Information and peer support to help those living with and caring for someone with COPD. The group meets up to two times a week. Exercise classes are undertaken especially for people with breathlessness secondary to COPD, Asthma and related respiratory conditions. The group provides information and offers support and advice on living with breathlessness.	Contact Danny Foley 086-3338109 Contact Mary 087-6162520 Contact Gerry 087-2724247 COPD Support Ireland Free Advice Line: 1800 83 21 46, Mon-Fri 9am-5pm
Asthma and COPD	Memory Technology Resource Room – run by Occupational Therapy.	The HSE Memory Technology Resource Room has been set up to allow people with memory difficulties, dementia, their family and friends to see and try a range of products to make independent living easier.	Referral can be self, a friend or family member or through your healthcare professional. Please Contact: Therapies Department, Rehabilitation Building, St Camillus Hospital, Shelbourne Road, Limerick. Telephone: 061-483645

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Category	Service	What is involved?	How to access?
Asthma and COPD	Milford Care Centre: Specialist Palliative Care Day Unit	Aims to improve quality of life for patients with a life limiting and progressive disease. Service includes: specialist palliative nursing care, medical review if required, physiotherapy, occupational therapy, complementary therapies, dietetics, social worker, therapeutic horticulture, art therapy, music therapy, pastoral care, speech and language therapy and hairdressing, as indicated. Open 9:30-4pm.	Referrals are accepted from Consultants, GP and hospice team. Clinical Nurse Manager Eliz O'Sullivan 061-201764
COPD	Milford Care Centre: Outpatient, virtual or home visits	Physiotherapy assessment and individualised treatment programme provided as an outpatient, virtually or home visit for those requiring specialist palliative symptom control for advanced COPD.	This service is available to persons under the care of the palliative care community services at Milford Care Centre. Referrals accepted via Triage at Milford Care Centre.
Asthma	Asthma Society of Ireland Website	Provides support and information to people living with asthma.	www.asthma.ie  Beating Breathlessness (What's App message service): 086 059 01 32

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Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland Advice line	The Asthma Society's Advice line is a call back service available free of charge. It provides easily accessible support, information and education to people with asthma so that they can better understand and manage their illness.	Call: 1800 44 54 64 Email: nurse@asthmasociety.ie
Asthma	Asthma Society of Ireland Asthma action plan	An Asthma Action Plan is a document that contains all the information a person with asthma requires to keep their asthma under control. It is a written, step by step guide to help you manage your asthma and recognise when it's getting worse. It is filled out by the person with asthma alongside their GP or asthma nurse.	https://www.asthma.ie/about-asthma/learn-about-asthma/managing-your-asthma/asthma-action-plan
Asthma	Asthma Society of Ireland advice on dealing with an asthma attack	Action to take during an asthma attack	https://www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack

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Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland publications	A variety of reliable information leaflets available including self-management, activity, gardening, allergies and pregnancy	Download here: https://elearning.asthma.ie/ or Contact Asthma Ireland on 01 817 88 86 or email: reception@asthasociety.ie
Asthma	Asthma Education Programme	This online education programme is for Health and Social Care Practitioners. It covers all aspects of asthma care and will build the confidence and skills necessary to provide best-practice care. It will take approximately 2.5 hours to complete.	Go to My Learning on www.HSELand.ie and search for 'Asthma e-learning programme'
Asthma	Asthma society of Ireland: asthma in the pharmacy days	Pharmacy Days: Asthma Society of Ireland run a number of asthma in the pharmacy days across Ireland. At these events a free asthma review is carried out by an Asthma Specialist Nurse. The review covers inhaler technique, trigger management, advice for staying well with asthma and knowing when to visit your when to visit your healthcare professional healthcare professional	https://www.asthma.ie/file/asthma-pharmacy-days-asthma-society-ireland Phone: 01 817 88 86

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Category	Service	What is involved?	How to access?
Asthma	The National Clinical Care Programme for Asthma (HSE)	The National Clinical Programmes (NCPs) have provided a foundation of valuable learning of the need to maintain and enhance clinical leadership and develop clinical pathways that are truly patient-centred. The vision of the National Clinical Programme for Asthma is that every child and every adult with asthma in Ireland should reach their maximal health and quality-of-life potential through the prevention, early detection and effective treatment of asthma.	For further information on the Asthma Clinical Care Programme go to: https://www.hse.ie/eng/about/who/cspd/ncps/asthma/ For information on Symptoms, Self-care and treatment for asthma: https://www2.hse.ie/conditions/asthma/
COPD	COPD Support Ireland Nurse Advice Line	The COPD Advice line is a free phone service for people who want to learn more about COPD, or, who would like to discuss their COPD with a respiratory nurse. This service is available to all people with COPD, family members and carers of people with COPD as well as healthcare professionals who support people with COPD.	Call 1800 83 21 46

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Category	Service	What is involved?	How to access?
COPD	COPD Support Ireland Website	COPD Support Ireland provides support to all those living with, and caring for someone with, chronic obstructive pulmonary disease (COPD). They have a network of local support groups nationally.	www.copd.ie
COPD	'COPD and Me' Patient Information Booklet	'COPD and Me' is an information booklet for patients and their carers developed by COPD Support Ireland.	Download here: http://copd.ie/wp-content/uploads/2021/10/COPD-Me-Booklet-2021.pdf
COPD	The National Clinical Care Programme for COPD (HSE)	The National Clinical Programmes (NCPs) have provided a foundation of valuable learning of the need to maintain and enhance clinical leadership and develop clinical pathways that are truly patient-centred. The aim of the programme is the effective and efficient management of people with COPD, using an integrated approach to prevent disease, slow disease progression, optimise quality and quantity of life and provide care in the most appropriate setting.	For further information on the COPD Clinical Care Programme go to: https://www.hse.ie/eng/about/who/cspd/ncps/copd/ For information on Symptoms, Self-care and treatment for COPD: https://www2.hse.ie/conditions/copd/

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Category	Service	What is involved?	How to access?
Asthma and COPD	Irish Lung Foundation	Irish based website that assists with Research, Education and Support for Respiratory Conditions.	For further information go to: www.irishlungfoundation.ie
Asthma and COPD	British Lung Foundation	UK based website that provides support and information to people living with COPD and asthma.	https://www.blf.org.uk/
Asthma and COPD	European Lung Federation	Fact sheets on Lung information and disease	https://www.europeanlung.org/en/lung-disease-and-information/factsheets/english/
Asthma and COPD	World Health Organization (WHO)	WHO has brought together the world's top health experts to produce international reference materials and to make recommendations to bring better health to people throughout the world. For more information please visit their website.	Website: https://www.who.int/
Asthma and COPD	The National Institute for Health and Care Excellence (NICE)	The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care	Website: https://www.nice.org.uk/
Asthma and COPD	See also section on Generic Supports		

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Clinical Nurse Specialist (CNS) Diabetes: Integrated Care. Diabetes Clinic in GP Practices	Review by the CNS in Diabetes. Reviews and manages both Type 1 Diabetes patients who aren't attending any service or who need support between hospital visits and Complicated Type 2 Diabetes patients. Education, advice and plan of care is implemented for each patient. The CNS works 1 day per week in Secondary care UHL with the Consultant Endocrinologist thus providing this tangible link between primary and secondary care.	GP practices in East Limerick & North Tipperary. Please check with your GP to see if this service is provided. Referrals are accepted from GP's and Practice Nurses. GP based clinics only. Patients are seen at their own GP or Practice Nurse first. Contact: Mary Feeley, CNS Diabetes: 087 4316306
Diabetes Type 1 and Type 2	Clinical Nurse Specialist (CNS) Integrated Care Diabetes Telephone Support.	CNS in Diabetes provides telephone support for practice nurses giving advice and management information as required and phone support for patients that are seen by the CNS.	GP practices in East Limerick & North Tipperary. Please check with your GP to see if this service is provided. Contact: Mary Feeley, CNS Diabetes: 087 4316306

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Registered Advanced Midwife Practitioner (RAMP) in Diabetes: Pre-existing Type 1 or Type 2 Diabetes in Pregnancy Clinic	This is for clients with pre-existing type 1 or 2 diabetes who are pregnant. A one to one, face to face clinic with the RAMP to assess, review Diabetes education, assess glycaemic status, update Diabetes education, and make referrals to other disciplines as required	Referral to this clinic are accepted from GPs, Consultants, CNS's by referral letter Contact: Yvonne Moloney RAMP in Diabetes, University Maternity Hospital, Limerick Contact Number: 061483481
Diabetes Gestational, Type 1 and Type 2	Registered Advanced Midwife Practitioner (RAMP) Diabetes in Pregnancy Virtual Clinic	RAMP does virtual clinics twice weekly using the telephone and the Attend Anywhere video platform with patients who are diagnosed with gestational diabetes, type 1 or 2 Diabetes in pregnancy. The virtual clinics provide care planning, support and advice for clients in relation to titration of treatments between face to face appointments.	Referrals are from the Consultant Endocrinologists only

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Category	Service	What is involved?	How to access?
Diabetes Gestational, Type 1 and Type 2	Registered Advanced Midwife Practitioner (RAMP) Diabetes in Pregnancy, One to One, face to face Clinic	RAMP Diabetes provide a one to one, face to face clinic very Thursday which runs concurrently with the Diabetes in Pregnancy antenatal at UMHL	Referrals are from the Consultant Endocrinologists only
Gestational Diabetes	New or previous Gestational Diabetes Education Clinic	This is group education delivered by the Clinical Midwife Manager 2 in diabetes for women with newly diagnosed with gestational diabetes or had gestational diabetes in a previous pregnancy and are now pregnant again.	Referrals to this clinic are accepted from GPs, Consultants and other Healthcare professionals. Contact: CMM2 in Diabetes, University Maternity Hospital, Limerick. Contact Number: 061585569
Gestational Diabetes	Group Insulin Initiation Clinic	This is group education run by the Clinical Midwife Manager 2 in diabetes. Where group sessions are run weekly for women with gestational diabetes requiring Insulin treatment	Referrals are from the Consultant Endocrinologists or the RAMP Diabetes only

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Category	Service	What is involved?	How to access?
Unscheduled Care for women with Type 1 , Type 2 and Gestational Diabetes	Clinical Midwife Manager 2 Diabetes Telephone Support.	CMM2 in Diabetes provides unscheduled telephone/ support to clients known to the Diabetes in Pregnancy service	For Clients known to the Service only Contact: CMM2 in Diabetes, University Maternity Hospital, Limerick. Contact Number: 061585569
Diabetes Gestational, Type 1 and Type 2	Registered Advanced Midwife Practitioner (RAMP) Diabetes in Pregnancy Virtual Clinic	RAMP does virtual clinics twice weekly using the telephone and the Attend Anywhere video platform with patients who are diagnosed with gestational diabetes, type 1 or 2 Diabetes in pregnancy. The virtual clinics provide care planning, support and advice for clients in relation to titration of treatments between face to face appointments.	Referrals are from the Consultant Endocrinologists only

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Community Intervention Team (CIT)	Management of patients with diabetes in conjunction with acute hospital or GP Blood sugar monitoring, insulin injection support, medication compliance, etc. Health education and promotion.	Referral to this service is through your Healthcare Professional. You may be referred when you are leaving hospital or by your GP for management at home and to prevent readmission Limerick: 061 483660 Clare: 065 6868321 North Tipperary: 067 46472 Service Hours 0800-2030 7 days.
Diabetes Type 2	DESMOND Education	DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed .This education programme is for people with type 2 diabetes. It is a 6 hour programme that is delivered over 2 days. DESMOND is a way of finding out more about type 2 diabetes it is a resource to help patients manage the changes diabetes will bring to their life and it is an opportunity to meet and share experiences with others.	Referral is through: Self-Referral, GP, Dietitian, Primary Care Team, Consultants. Send Referrals to: Ms. Margaret O'Brien, Asst. Staff Officer, Primary Care Centre, Convent Road, Borrisokane, Co. Tipperary. Phone: 067-27672

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Category	Service	What is involved?	How to access?
Diabetes Type 2	Dietitian One to One Clinic	The Primary Care Dietetic Service offers one to one consultations and group sessions for patients with diabetes. If a patient is unable or unsuitable to attend group education for diabetes a one to one consultation will be arranged depending on available resources. One to one appointments are also offered to those after attending DESMOND as required.	Please send the PCCC form to the appropriate Dietitian based on the nearest general clinic location for the client. Referrals are accepted from Healthcare professionals: GP, Dietitian, Primary Care Team, Consultants, and PHN etc. Patients with diabetes are preferentially offered an appointment for structured group education. If a client is unsuitable for group education, please state this on the referral form and rationale for same

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Category	Service	What is involved?	How to access?
Diabetes Type 2 & Diagnosed Pre Diabetes	CODE Education for type 2 Diabetes and & Diagnosed Pre Diabetes	<p>CODE stands for Community Orientated Diabetes Education.</p> <p>CODE involves 4 group sessions. Each session is 2 hours, once per week for 3 weeks. There is a fourth session 6 months afterwards. The facilitator will phone you between session 3 and 4, to check in with you and answer any questions you might have.</p> <p>CODE aims to deliver general information about diabetes self-management in a supported online setting and is facilitated by a Diabetes Ireland nurse or dietitian.</p>	<p>Your Health Care Professional can refer you such as your GP or Public Health Nurse. Or you can self-refer by contacting Diabetes Ireland on:</p> <p>Telephone: 021 427 4229</p> <p>E-Mail: corkcarecentre@diabetes.ie</p> <p>or</p> <p>Online: https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-ireland-education-programme/</p>

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Category	Service	What is involved?	How to access?
Type 2 Diabetes	Diabetes SMART: A free interactive online education course for people diagnosed with Type 2 diabetes	<p>The Diabetes SMART programme contains six interactive modules, covering topics that explain what diabetes is, understanding the key medical information such as blood glucose levels, managing illness, and providing lots of tips on healthy eating and getting active.</p> <p>This resource will give people with Type 2 diabetes the knowledge and accessible tools to learn how to manage their condition from the comfort of their own home and protect their future health.</p>	<p>For more information: Call 01-842-8118 Email: info@diabetes.ie Access the course: https://www.diabeteseducation.ie/</p>

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Category	Service	What is involved?	How to access?
Pre Diabetes	Dietitian Service in the Community	<p>Dietetic assessment and intervention for patients with Pre- Diabetes</p> <ul style="list-style-type: none"> • HbA1c 39-47mmol/l <p>Impaired glucose tolerance (If multiple risk factors present e.g. raised triglycerides, blood pressure, cholesterol, abdominal obesity)</p> <p>Please note this service is resource dependent</p>	<p>Referrals will be accepted if the client's principal medical care is with their GP, the client does not require acute hospital management for their condition and referral acceptance criteria apply.</p> <ul style="list-style-type: none"> • Referrals will be accepted from members of the primary care multidisciplinary team and CORU registered Dietitians • Hospital Dietitians may transfer Dietetic care to the community Dietitian if the client has been seen by the acute hospital Dietitian, the client consents to transfer of care and a nutritional transfer form is forwarded to the relevant Dietitian • Hospital Consultants may refer via a completed PCCC form or a letter containing all PCCC relevant information <p>Referrals should be sent to: Community Dietetics, Primary Care, Health Centre, Tyone, Nenagh, Co. Tipperary, E45 KH59 Tel: 067 46441; Email: kay.finn@hse.ie</p>

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Community Pharmacist	<p>Local community pharmacies can provide a number of services to help manage the condition and optimise medicines use:</p> <ul style="list-style-type: none"> • All community pharmacies have private consultation areas to speak with patients in private • All community pharmacies will offer counselling on medicines, insulin devices and blood glucose testing equipment in order to maximise the benefit from prescribed medicines and appliances • All community pharmacies can assist in providing foot care advice and recommending suitable products • Smoking cessation advice and support is provided at all community pharmacies and some community pharmacies provide a structured smoking cessation support programme • Many community pharmacies provide influenza and pneumococcal vaccination services. The vaccines may be free if you are in an 'at risk' group but you may be charged a consultation fee, unless you have a medical card or a GP visit card • Many community pharmacies provide blood glucose 	<ul style="list-style-type: none"> • Complete the following form - https://www2.hse.ie/services/long-term-illness-scheme/apply-for-a-long-term-illness-scheme-card.html and submit by post to LTI Client Registration Unit, PO Box 12962, Dublin 11 D11 XFF3. <p>Or apply through www.mykti.ie</p> <p>Further information can be found on https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html.</p> <ul style="list-style-type: none"> • Complete the following form - https://www2.hse.ie/services/long-term-illness-scheme/apply-for-a-long-term-illness-scheme-card.html and submit by post to LTI Client Registration Unit, PO Box 12962, Dublin 11 D11 XFF3.

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Community Pharmacist	<p>testing</p> <ul style="list-style-type: none"> • Some pharmacies provide free health checks or risk assessments to assess the main risk factors for developing diabetes such as blood glucose, blood pressure, body mass index (BMI), waist size and exercise • Some community pharmacies provide structured weight loss programmes • Diabetes mellitus (not gestational diabetes) is one of the conditions covered under the Long Term Illness (LTI) Scheme. Under the LTI Scheme, eligible persons who are 'ordinarily resident' in the Republic of Ireland can access some drugs, medicines and approved appliances for free from community pharmacies. . There is no means test for this Scheme. 	<p>Or apply through www.mykti.ie</p> <p>Further information can be found on https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html.</p>

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Diabetes Type 1 and Type 2	Podiatry Service (Foot Care) in the Community	<p>Foot screening to determine risk of developing foot complications.</p> <p>Foot care education and treatment plan based on screening and assessment. For patients with reduced circulation, we run a vascular assessment clinic.</p> <p>Assessment of need of footwear and or /orthotics to offload the diabetic foot where indicated based on risk and reduce the risk of developing foot ulcers or other diabetes related foot complications</p>	Referral to this service is accepted from Consultants, GPs, Primary Care Healthcare Professional or Self-Referral. Please contact your local Primary Care Centre for further information.
Diabetes Type 1 and Type 2	Podiatry Service (Foot Care) in University Hospital Limerick.	<p>Under the national “Model of Care for the Diabetic Foot”, the podiatry service UHL provides rapid access outpatient appointments for diabetic patients with active foot disease (ulceration and charcot neuroarthropathy).</p> <p>Podiatry refers onward to the multidisciplinary diabetic foot team UHL or community foot protection team if required.</p>	<p>Referrals accepted from GP/ Consultant</p> <p>Urgent referrals to be faxed or emailed.</p> <p>Fax: 061 482417</p> <p>Email: Podiatry.UHL@hse.ie</p> <p>Postal: Podiatry Department, UL Hospitals Group, University Hospital Limerick, St Nesson’s Road, Dooradoyle, Limerick, V94 F858</p> <p>Podiatry department phone: 061 482617</p>

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Foot Care HSE Information	The HSE Website provides information booklets for diabetes patients on foot care. Low Risk, Moderate Risk and High Risk	Download booklets from: https://www2.hse.ie/conditions/type-2-diabetes/living-with/foot-care.html www.hse.ie/eng/health/hl/living/diabetes
Diabetes Type 1 and Type 2	Retinal Screening (eye screening)	National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12yrs and older. No cost.	Register for this service by calling 1800 45 45 55 or online at www.diabeticretinascreen.ie

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Dental services	<p>Diabetes reduces the body's resistance to infection and increases the risk of periodontal (gum) disease. This appears to be more frequent and severe in people with diabetes. Gum disease impacts on general health as well as oral health. Research shows that untreated gum disease may make it difficult to control diabetes. Loss of teeth due to periodontal disease will impact a person's ability to maintain a varied and balanced diet. A good oral hygiene regime together with regular periodontal care can improve diabetes control.</p>	<p>Adults aged 16 and over with a medical card: People with a diagnosis of diabetes may be deemed 'Exceptional/high risk' under the Dental Treatment Service Scheme (DTSS) and are entitled to an enhanced level of care. For further information go to: http://www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people who have the required number of PRSI contributions. Eligible patients are entitled to an annual examination free of charge and a scale and polish for which the dentist may request a contribution of up to 15 euro. For further information go to: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Occupational Therapy	<p>Occupational Therapy is health profession concerned with promoting health and well- being through occupation. Occupational Therapy Services are based in the HSE Older Persons In-patient Rehabilitation Units and in Health Centres/ Primary Care Centres, as part of the multidisciplinary Primary Care Team.</p> <p>The primary goal of Occupational Therapy is to work with clients to overcome problems that prevent them from doing the things they need to be able to do. Occupational Therapy also works to support healthy lifestyles, prevent illness and promote health among the population. The Occupational Therapy service works with clients to maximise the functional abilities of people following their illness or disability. Client’s needs and functional abilities are assessed and goals then set in partnership with the client/family. Intervention is then planned and may include;</p> <ul style="list-style-type: none"> • Education and advice to client/family regarding new strategies to maintain/improve function. • Provision of Aids & Appliances to support function. 	<p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, and GPs.</p> <p>Contact details available through your local Health Centre.</p>

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Occupational Therapy	<ul style="list-style-type: none"> • Recommendations on home adaptations to create a more accessible and safer environment. • Seating /Postural management and advice. • Work with the multidisciplinary team to assess and document client Moving and Handling care plan. • Education and advice regarding Cognitive strategies. • Advice on energy conservation and fatigue management strategies. • Facilitating and conducting group work to support healthy lifestyles. • Onward referrals to specialised services. <p>Assessments and intervention are generally carried out by Primary Care Occupational Therapists in the client's own home or in a HSE building.</p>	<p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, and GPs.</p> <p>Contact details available through your local Health Centre.</p>

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Memory Technology Resource Room – run by Occupational Therapy.	The HSE Memory Technology Resource Room has been set up to allow people with memory difficulties, dementia, their family and friends to see and try a range of products to make independent living easier.	Referral can be self, a friend or family member or through your healthcare professional. Please Contact: Therapies Department, Rehabilitation Building, St Camillus Hospital, Shelbourne Road, Limerick. Telephone: 061-483645
Diabetes Type 1	Type 1 - Insulin Dependent Diabetic Support Group in Nenagh Co. Tipperary.	Type 1 - Insulin Dependent Diabetic Support Group in Nenagh Co. Tipperary. This is a group for those with a diagnosis of Type 1 Diabetes (insulin dependent) and their friends & family. It is very informal and we welcome new faces to every meeting.	Face to face meeting: postponed due to covid 19. For further details please contact Emma on 086-3195081 or Jenny on 083-8005652. FB page name: T1 Insulin Dependant Diabetic Support Group in Nenagh Co. Tipperary FB Link: @T1DiabeticSupportGroupTipperary

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Ireland: Diabetes in Ireland Facebook page	This a Facebook page for people with diabetes living in Ireland to connect with each other. This Group is here to offer support to those affected by Diabetes; to give members the opportunity to gain and share knowledge of skills, treatment pathways and tools that have proven useful to others; to give members comfort that they are not alone; and to provide all members with the opportunity to share their experiences, challenges and concerns in a friendly and safe environment, where they are able to speak freely with the knowledge that they will be respected.	https://www.facebook.com/groups/39741400937/
Diabetes Type 1 and Type 2	Thriveabetes	Type 1 Diabetes Conference & Community For people living with type 1 diabetes of all ages where they can find: information, motivation and inspiration to thrive with type 1 diabetes	For more information please visit: Website: https://thriveabetes.ie E-mail us at info@thriveabetes.ie

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	National Council for the Blind Ireland (NCBI)	NCBI is the national sight loss agency. It provides supports and services for people who are experiencing difficulties with their eyesight. Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.	For further information contact NCBI on 1800 911 250 or use online contact form at www.ncbi.ie
Diabetes Type 1 and Type 2	Long-Term Illness Card	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances free from your pharmacy. Certain diseases and disabilities are covered by the scheme.	For further information go to: https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html
Diabetes Type 1	JDRF: Website providing Information on type 1 Diabetes	Source of reliable information and resources for people with type 1 diabetes. It also provides a support network for millions of people around the world impacted by type 1 diabetes	https://www.jdrf.org/
Diabetes Type 1	Carbohydrate counting information	Introduction to carbohydrate counting which can assist a person with type 1 diabetes to match the amount of insulin they take to the carbohydrate they eat and drink.	For further information go to: https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/nuts-and-bolts-of-carb-counting

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Category	Service	What is involved?	How to access?
Diabetes Type 1	Carbohydrate counting book and app	1700 photos of food and meals that assist people with type 1 diabetes to count carbohydrate.	Order the book from www.carbsandcals.com or online book stores. Also available as an app to download on smart phones.
Diabetes Type 2	Diabetes SMART online Education Course	A 55-minute online education course developed by Diabetes Ireland and Trinity College, to help you learn more about diabetes self-management. No cost.	www.diabeteseducation.ie
Diabetes Type 2	Diabetes Ireland Booklet Living Well with Type 2 Diabetes	This booklet is a guide for patients diagnosed with type 2 diabetes to get them started on the right path to help manage their type 2 diabetes well.	Download from: https://www.diabetes.ie/downloads/patient-booklets/
Diabetes Type 1 and Type 2	Diabetes Ireland Website and Helpline	Provides support, education and motivation to people living with diabetes.	www.diabetes.ie Helpline 01-8428118
Diabetes Type 1 and Type 2	HSE information on Diabetes	Online HSE resource for diabetes patients. Find out how you can manage your diabetes and what you need to do to lead a healthy life.	https://www.hse.ie/eng/health/hl/living/diabetes/

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	Diabetes in General Practice - DiGP	DiGP is a General Practice led initiative whose aim is to provide a forum for GPs and practice nurses to ensure best practice in their management of diabetes in general practice through peer support, education and audit. The website has a section for members of the public, healthcare professionals and a member's only section.	For further information please visit the website: http://www.digp.ie
Diabetes Type 1 and Type 2	The National Clinical Care Programme for Diabetes (HSE)	The National Clinical Programmes (NCPs) have provided a foundation of valuable learning of the need to maintain and enhance clinical leadership and develop clinical pathways that are truly patient-centred. The aim of the Diabetes Clinical Programme is to save the lives, eyes and limbs of patients with diabetes	For further information on the Diabetes Clinical Care Programme go to: https://www.hse.ie/eng/about/who/csp/d/ncps/diabetes/
Diabetes Type 1 and Type 2	Diabetes UK	Provides support, education and motivation to people living with diabetes.	https://www.diabetes.org.uk/

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Category	Service	What is involved?	How to access?
Diabetes Type 1 and Type 2	World Health Organization (WHO)	WHO has brought together the world's top health experts to produce international reference materials and to make recommendations to bring better health to people throughout the world. For more information please visit their website.	Website: https://www.who.int/
Diabetes Type 1 and Type 2	See also section on Generic Supports		

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Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Phase 2, UL Hospital, Nenagh	Phase 2 individual assessments are education with cardiac rehab nurse and physiotherapist.	Referral to Cardiac rehabilitation is through regional and national Cardiologists/Cardiothoracic Surgeons, Cardiac Rehabilitation Co-ordinators, Clinicians/NCHD, Multidisciplinary Team once they meet the inclusion criteria and are from the local geographic area. Contact: Ann Cantwell, Cardiac Rehabilitation Co-ordinator on 067-42368 Contact: Ciara Fannon, Senior Cardiac Rehab Physiotherapist on 067-42368
Heart Conditions	Cardiac Rehabilitation Programme Phase 3 UL Hospital, Nenagh	Phase 3 cardiac rehabilitation incorporates exercise training in combination with ongoing education around cardiovascular disease. It includes 1 - 1½ hours of exercise and education twice weekly for 6 weeks. No cost.	Referral to Cardiac rehabilitation is through regional and national Cardiologists/Cardiothoracic Surgeons, Cardiac Rehabilitation Co-ordinators, Clinicians/NCHD, Multidisciplinary Team once they meet the inclusion criteria and are from the local geographic area

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Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme Phase 3 UL Hospital, Nenagh (continued)		Contact: Ann Cantwell, Cardiac Rehabilitation Co-ordinator on 067-42368 Contact: Ciara Fannon, Cardiac Rehab Physiotherapist on 067-42368
Heart Conditions	Cardiac Rehabilitation Programme Phase 3 modified for Heart Failure Patients, UL Hospital, Nenagh	Phase 3 cardiac rehabilitation for heart failure patients incorporates modified exercise training in combination with ongoing education around cardiovascular disease. It includes 1- 1½ hours of exercise and education twice weekly for 6 weeks No cost.	Referral to this programme is through the Cardiology Consultants and the Heart Support Unit at Nenagh Hospital Contact: Ann Cantwell Cardiac Rehabilitation Co-ordinator Cardiac Rehab on 067-42368 Contact: Ciara Fannon Senior Cardiac Rehab Physiotherapist on 067-42368

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Category	Service	What is involved?	How to access?
Heart Conditions	MedEx UL HeartSmart (Community Based Cardiac Rehab phase IV)	The MedEx UL HeartSmart is a community based exercise programme run in partnership with the University of Limerick and University Hospital Group. This programme is for individuals who have completed the hospital-based cardiac rehabilitation programme, who wish to continue exercising in a group setting supervised by an exercise instructor who is qualified in cardiac rehab. It involves 1 hour exercise class per week warm up of 15 minutes, 30minutes of exercise and 10-15 minutes cool down. Cost is 5 euro per class	Referrals are accepted from the Phase 3 cardiac rehab programmes at UHL, Ennis hospital and Nenagh Hospital. GP Referrals are also accepted by e-mailing medexul@healthmail.ie New referrals will be accepted from Sept 2022 Contact Sinead Kelly Phone Number: 061 213555. Classes run once weekly on Tuesdays at 10:45am in UL Sports Arena, University of Limerick

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Category	Service	What is involved?	How to access?
Heart Conditions	Heart Failure Support Unit University Limerick Hospital Group (ULHG) Nenagh Hospital.	The Heart failure Support Unit (HFSU) at Nenagh Hospital Outpatients is a specialist nurse-led service under the clinical governance of Dr Syed F Abbas Consultant Cardiologist. This service provides a multidisciplinary approach to the management of heart failure patients. Patients are seen on a one to one basis by the Clinical Nurse Specialist (CNS)/ or Clinical Nurse Manager II (CNMII) in Heart Failure where symptom monitoring, medication management and heart failure self-care management education is provided. Virtual Telephone review appointments are also scheduled intermittently or offered where attendance in person is not feasible or possible. Review and ongoing management plan is personalised to the patient's individual care needs.	Referral into this clinic is by the National referral template to Dr Syed F Abbas Consultant Cardiologist., ULHG, Nenagh Hospital, Tyone, Co. Tipperary.

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Category	Service	What is involved?	How to access?
Heart Conditions	Heart Failure Support Unit, University Limerick Hospital Group (ULHG), Nenagh Hospital, Telephone support Helpline.	A telephone helpline (Mon.-Fri. 09.00-16.00hrs) is provided by the heart failure nurse specialists giving clinical support and disease management advice and self-care education as required.	This service is available for patients referred to the Heart Failure Support Unit. Nenagh Hospital Tel: 067 42365.
Heart Conditions	Community Intervention Team (CIT)	Management of heart failure patients in conjunction with the acute hospital or GP. Monitoring of patients, home oxygen, palliative care, medication compliance etc. Health education and promotion.	Referral to this service is through your Healthcare Professional. You may be referred when you are leaving hospital or by your GP for management at home and to prevent readmission Limerick: 061 483660 Clare: 065 6868321 North Tipperary: 067 46472 Service Hours 0800-2030 7 days.

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Category	Service	What is involved?	How to access?
Heart Conditions	Heart Failure Support Group based in Limerick City	<p>This group is for people, family members or carers who are affected by heart failure.</p> <p>The group provides information, raises awareness and offers support and advice on heart failure. There are monthly Information & support meetings, A closed Facebook group “Heart Support Network” services such as counselling and access to our Nurseline.</p>	<p>For more information phone 01 66850012 or email heartservices@irishheart.ie</p> <p>More information at www.irishheart.ie</p>
Heart Conditions	Community Pharmacist	<p>Local community pharmacies can provide a number of services to help manage the condition and optimise medicines use:</p> <ul style="list-style-type: none"> • All community pharmacies have private consultation areas to speak with patients in private • All community pharmacies will offer counselling in order to maximise the benefit from prescribed medicines • Smoking cessation advice and support is provided at all community pharmacies and some community pharmacies provide a structured smoking cessation support programme • Many community pharmacies provide influenza and pneumococcal vaccination services. The vaccines may be free if you are in an ‘at risk’ group but you may be 	<ul style="list-style-type: none"> • Register through www.mydps.ie <p>Further information can be found on https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</p> <p>Your community pharmacy may submit a temporary emergency registration on your behalf but you will still need to apply for the scheme within 3 months.</p>

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Category	Service	What is involved?	How to access?
Heart Conditions	Community Pharmacist (continued)	<p>charged a consultation fee, unless you have a medical card or a GP visit card</p> <ul style="list-style-type: none"> • Many community pharmacies provide blood pressure checks and some provide 24 hour blood pressure monitoring services • Some community pharmacies provide blood cholesterol testing • Some pharmacies provide free health checks or risk assessments to assess the main risk factors for developing heart conditions • Some community pharmacies provide structured weight loss programmes • Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than €80 (a maximum amount) each calendar month for approved prescribed drugs and medicines. Anyone who is ordinarily resident in Ireland can apply. There is no means test for the DPS card. 	<ul style="list-style-type: none"> • Register through www.mydps.ie <p>Further information can be found on https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</p> <p>Your community pharmacy may submit a temporary emergency registration on your behalf but you will still need to apply for the scheme within 3 months.</p>

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Category	Service	What is involved?	How to access?
Heart Conditions	Occupational Therapy	<p>Occupational Therapy is health profession concerned with promoting health and well-being through occupation. Occupational Therapy Services are based in the HSE Older Persons In-patient Rehabilitation Units and in Health Centres/ Primary Care Centres, as part of the multidisciplinary Primary Care Team.</p> <p>The primary goal of Occupational Therapy is to work with clients to overcome problems that prevent them from doing the things they need to be able to do.</p> <p>Occupational Therapy also works to support healthy lifestyles, prevent illness and promote health among the population. The Occupational Therapy service works with clients to maximise the functional abilities of people following their illness or disability. Client's needs and functional abilities are assessed and goals then set in partnership with the client/family.</p> <p>Intervention is then planned and may include;</p> <ul style="list-style-type: none"> • Education and advice to client/family regarding new strategies to maintain/improve function. • Provision of Aids & Appliances to support function. 	<p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs.</p> <p>Contact details available through your local Health Centre.</p> <p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs.</p> <p>Contact details available through your local Health Centre.</p>

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Category	Service	What is involved?	How to access?
Heart Conditions	Occupational Therapy (continued)	<ul style="list-style-type: none"> • Recommendations on home adaptations to create a more accessible and safer environment. • Seating /Postural management and advice. • Work with the multidisciplinary team to assess and document client Moving and Handling care plan. • Education and advice regarding Cognitive strategies. • Advice on energy conservation and fatigue management strategies. • Facilitating and conducting group work to support healthy lifestyles. • Onward referrals to specialised services. <p>Assessments and intervention are generally carried out by Primary Care Occupational Therapists in the client's own home or in a HSE building.</p>	<p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs.</p> <p>Contact details available through your local Health Centre.</p> <p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs.</p> <p>Contact details available through your local Health Centre.</p>

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Category	Service	What is involved?	How to access?
Heart Conditions	Dietitian Service in the Community	<p>Dietetic assessment and intervention for clients who are deemed at Cardiovascular Risk</p> <ul style="list-style-type: none"> • Hyperlipidaemia (according to European Task Force Guidelines). <p>Please note this service is resource dependent</p>	<p>Referrals will be accepted if the client's principal medical care is with their GP, the client does not require acute hospital management for their condition and referral acceptance criteria apply.</p> <ul style="list-style-type: none"> • Referrals will be accepted from members of the primary care multidisciplinary team and CORU registered Dietitians • Hospital Dietitians may transfer Dietetic care to the community Dietitian if the client has been seen by the acute hospital Dietitian, the client consents to transfer of care and a nutritional transfer form is forwarded to the relevant Dietitian • Hospital Consultants may refer via a completed PCCC form or a letter containing all PCCC relevant information <p>Referrals should be sent to: Community Dietetics, Primary Care, Health Centre, Tyone, Nenagh, Co. Tipperary, E45 KH59 Tel: 067 46441; Email: kay.finn@hse.ie</p>

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Category	Service	What is involved?	How to access?
Heart Conditions	Dental Services	<p>Studies have shown that gum disease is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves and this is particularly important in people with artificial heart valves. Tooth loss patterns have also been connected to coronary artery disease.</p> <p>A good oral hygiene regime together with regular periodontal care can improve your health.</p>	<p>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). People with complex cardiac conditions and/or taking certain medications e.g. Warfarin or similar may be deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care. For further information go to: http://www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>

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Category	Service	What is involved?	How to access?
Heart Conditions	Podiatry Service (Foot Care)	Assessment and treatment of foot condition impairing function based on clinical need. For patients with reduced circulation, we run a vascular assessment clinic	Referral to this service is accepted from Consultants, GPs, Primary Care Healthcare Professional or Self-Referral. Please contact your local Primary Care Centre for further information.
Heart Conditions	Memory Technology Resource Room – run by Occupational Therapy.	The HSE Memory Technology Resource Room has been set up to allow people with memory difficulties, dementia, their family and friends to see and try a range of products to make independent living easier.	Referral can be self, a friend or family member or through your healthcare professional. Please Contact: Therapies Department, Rehabilitation Building, St Camillus Hospital, Shelbourne Road, Limerick. Telephone: 061-483645
Heart Conditions	Milford Care Centre: Specialist Palliative Care Day Unit	Aims to improve quality of life for patients with a life limiting and progressive disease. Service includes: specialist palliative nursing care, medical review if required, physiotherapy, occupational therapy, complementary therapies, dietetics, social worker, therapeutic horticulture, art therapy, music therapy, pastoral care, speech and language therapy and hairdressing as indicated,. Open 9:30-4pm.	Referrals are accepted from Consultants, GP and hospice team. Clinical Nurse Manager Eliz O'Sullivan 061-201764

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Category	Service	What is involved?	How to access?
Heart Conditions	IACR: Irish Association of Cardiac Rehabilitation	National site providing information on cardiac rehabilitation in Ireland including a detailed directory	For Further information contact Irish Association of Cardiac Rehabilitation 17-19 Rathmines Rd Lower, Dublin 6, D06 C780 Phone: (01) 668 5001 E-mail: info@iacronline.ie Website: www.iacronline.ie
Heart Conditions	Irish Heart Foundation Website	Provides support, education and information for people living with heart conditions and stroke.	Tel: (01) 668 5001 Email: info@irishheart.ie www.irishheart.ie
Heart Conditions	Irish Heart Foundation Information Leaflets	A variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure.	https://irishheart.ie/publications/
Heart Conditions	The Heartbeat Trust Heart Failure Self-Care Plan	Heart failure self-care plan to support a person with heart failure to self-manage.	http://heartbeat-trust.ie/wp-content/uploads/2016/05/traffic_light_guide_a4_print.pdf
Heart Conditions	The Heartbeat Trust	Heart beat trust educational booklets on heart failure	http://heartbeat-trust.ie/about-heart-failure/educational-aids/
Heart Conditions	The Heartbeat Trust	Website that provides accurate information on heart failure management	http://heartbeat-trust.ie/

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Category	Service	What is involved?	How to access?
Heart Conditions	The National Clinical Care Programme for Acute Coronary Syndrome (HSE)	National Clinical Programmes (NCPs) have provided a foundation of valuable learning of the need to maintain and enhance clinical leadership and develop clinical pathways that are truly patient-centred. The Acute Coronary Syndrome (ACS) programme is endeavouring to standardise 21st Century treatment of acute coronary syndromes (heart attacks) nationally to reduce mortality and morbidity from heart attack (save up to 30 lives per year and reduce incidence of related strokes).	For further information on the Acute Coronary Syndrome Clinical Care Programme go to: https://www.hse.ie/eng/about/who/cspd/ncps/acs/
Heart Conditions	The National Clinical Care Programme for Heart Failure (HSE)	The National Clinical Programmes (NCPs) have provided a foundation of valuable learning of the need to maintain and enhance clinical leadership and develop clinical pathways that are truly patient-centred. The NCP for Heart Failure aims to reorganise the way Heart Failure patients are managed. Taking into consideration that the majority of people with Heart Failure patients are based in the community, the programme is taking an integrated approach with emphasis on care and support in the community.	For further information on the Heart Failure Clinical Care Programme go to: https://www.hse.ie/eng/about/who/cspd/ncps/heart-failure/

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Category	Service	What is involved?	How to access?
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation Website and Heart & Stroke Centre, Galway	Provides support, information and education to people living with heart conditions.	For more information: www.croi.ie Contact the Heart & Stroke Centre Call: 091-544310
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation	A variety of information booklets available to download on blood pressure, cholesterol, heart failure.	To access these booklets: https://croi.ie/resources/
Heart Conditions	British Heart Foundation	Provides support, education and motivation to people living with heart conditions and stroke	www.bhf.org.uk/
Heart Conditions	British Heart Foundation Information Leaflets	A variety of reliable information leaflets available to download or order on heart conditions and risk factors. Includes recipe books.	For further information go to: https://www.bhf.org.uk/informationsupport/publications
Heart Conditions	UK Heart Failure Website	Provides education and information for people living with heart failure	For further information go to: www.heartfailurematters.org
Heart Conditions	European Society of Cardiology (ESC)	Provides up to date information on clinical guidelines for cardiology	For more information go to: https://www.escardio.org/The-ESC

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Category	Service	What is involved?	How to access?
Heart Conditions	American Heart Association (AHA)	Provides up to date information on clinical guidelines for cardiology	For more information go to: https://www.heart.org/
Heart Conditions	World Health Organization (WHO)	WHO has brought together the world's top health experts to produce international reference materials and to make recommendations to bring better health to people throughout the world. For more information please visit their website.	Website: https://www.who.int/
Heart Conditions	The National Institute for Health and Care Excellence (NICE)	The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care	Website: https://www.nice.org.uk/
Heart Conditions	See also section on Generic Supports		

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Category	Service	What is involved?	How to access?
Stroke	Early Supported Discharge (ESD) for Stroke Patients at University Hospital Limerick (UHL)	This rehabilitation service is provided by the multidisciplinary stroke team in the University Hospital Limerick. It facilitates the early discharge of stroke patients who live within a 30 minute radius of UHL and who otherwise would remain in hospital (or) await transfer to off-site facility, for their rehab. Patients who meet the criteria for ESD receive therapy in their home multiple times per week, delivered by the stroke specific multidisciplinary team including advanced nurse practitioner in stroke / clinical nurse specialist in stroke, physiotherapist, occupational therapist and speech and language therapist for up to 6 weeks.	All patients post-acute stroke that live within 30 minutes of UHL, are under the care of a UHL Stroke Consultant, and meet the criteria for the team are eligible to access the service. Contact: 061 485258
Stroke	Community Intervention Team (CIT)	Management of Stroke patients in conjunction with the acute hospital or GP. Patient support at home, medication compliance etc. Health education and promotion.	Referral to this service is through your Healthcare Professional. You may be referred when you are leaving hospital or by your GP for management at home and to prevent readmission Limerick: 061 483660 Clare: 065 6868321 North Tipperary: 067 46472 Service Hours 0800-2030 7 days.

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Category	Service	What is involved?	How to access?
Stroke	Stroke Rehabilitation Service in the Hospital of the Assumption Thurles	An in-patient rehabilitation service is provided in The Hospital of the Assumption for clients including those who have had a stroke. Stroke rehabilitation aims to help patients to relearn the skills they have lost following the stroke. It helps patients to maximise their independence and improve their quality of life. It involves a multidisciplinary approach to care including doctors, nurses, physiotherapists, occupational therapists and Speech and language therapists.	Referral is through the Consultant Geriatrician Dr Catherine Peters
Stroke	Physiotherapy service in Primary Care for stroke patients	Physiotherapy is provided to clients referred, including those who have had a stroke and is usually provided in the local Primary care centre. Clients are seen for episodes of care and then discharged. Clients will usually have had rehabilitation following stroke as an in-patient and those suited to primary care are not requiring admission into a stroke rehabilitation unit for intense physiotherapy.	Referrals are accepted from Hospital Consultants, Primary care clinicians including GP's and PHN's. Contact your local Primary Care Centre

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Category	Service	What is involved?	How to access?
Stroke	Community Neuro-Rehabilitation Team (CNRT)	CNRT see clients diagnosed with a primary neurological condition that is acquired or progressive. Clients must be aged between 18-64 years. Clients must be able to benefit from and participate in an intensive period of rehabilitation. Clients must be able to travel to the CNRT in Limerick. Clients need to require 2 of the 3 therapies offered (physiotherapy, occupational therapy, speech and language therapy; clinical psychology post currently vacant).	Referrals are accepted from Consultants, GP's, Primary Care Physiotherapy, Occupational Therapy, Speech and Language, Psychology and Self-Referral Covers Limerick, Clare and North Tipperary CNRT are based in St Camillus's Hospital The Old Convent, Shelbourne Rd, Limerick Phone: 061 483982 or email communityrehabteam@hse.ie
Stroke	Speech and Language Therapy (SLT) in the Hospital of the Assumption for Stroke Patients	Speech and language therapy assessment and management of communication and swallowing disorders for patients following stroke.	Referral is through Geriatrician Consultant HOA- Dr Catherine Peters
Stroke	Speech and Language Therapy (SLT) in Primary Care North Tipperary	Speech and language therapy assessment and management of communication and swallowing disorders for patients following stroke in Primary Care in North Tipperary	Referral is open to all and accepted from Hospital Consultants, GP's, PHN's and Self-Referral. Referral to SLT is made via your local Primary Care Centre.

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Category	Service	What is involved?	How to access?
Stroke	Occupational Therapy for stroke Patients	<p>Occupational Therapy is health profession concerned with promoting health and well- being through occupation. Occupational Therapy Services are based in the HSE Older Persons In-patient Rehabilitation Units and in Health Centres/ Primary Care Centres, as part of the multidisciplinary Primary Care Team.</p> <p>The primary goal of Occupational Therapy is to work with clients to overcome problems that prevent them from doing the things they need to be able to do. Occupational Therapy also works to support healthy lifestyles, prevent illness and promote health among the population. The Occupational Therapy service works with clients to maximise the functional abilities of people following their illness or disability. Client's needs and functional abilities are assessed and goals then set in partnership with the client/family. Intervention is then planned and may include;</p> <ul style="list-style-type: none"> • Education and advice to client/family regarding new strategies to maintain/improve function. • Provision of Aids & Appliances to support function. • Recommendations on home adaptations to create a 	<p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs.</p> <p>Contact details available through your local Health Centre.</p>

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Category	Service	What is involved?	How to access?
Stroke	Occupational Therapy for stroke Patients	<p>more accessible and safer environment.</p> <ul style="list-style-type: none"> • Seating /Postural management and advice. • Work with the multidisciplinary team to assess and document client Moving and Handling care plan. • Education and advice regarding Cognitive strategies. • Advice on energy conservation and fatigue management strategies. • Facilitating and conducting group work to support healthy lifestyles. • Onward referrals to specialised services. <p>Assessments and intervention are generally carried out by Primary Care Occupational Therapists in the client's own home or in a HSE building.</p>	<p>Primary Care Occupational Therapy Service;</p> <p>Referral to Occupational Therapy is accepted from clients themselves (self-referral), family member/ carers, Public Health Nurse, all Healthcare Professional, GPs.</p> <p>Contact details available through your local Health Centre.</p>

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Category	Service	What is involved?	How to access?
Stroke	Memory Technology Resource Room – run by Occupational Therapy.	The HSE Memory Technology Resource Room has been set up to allow people with memory difficulties, dementia, their family and friends to see and try a range of products to make independent living easier.	Referral can be self, a friend or family member or through your healthcare professional. Please Contact: Therapies Department, Rehabilitation Building, St Camillus Hospital, Shelbourne Road, Limerick. Telephone: 061-483645
Stroke	Podiatry Service (Foot Care)	Assessment and treatment of foot condition impairing function based on clinical need. For patients with reduced circulation, we run a vascular assessment clinic	Referral to this service is accepted from Consultants, GPs, Primary Care Healthcare Professional or Self-Referral. Please contact your local Primary Care Centre for further information.
Stroke	Community Pharmacist	Local community pharmacies can provide a number of services to help manage the condition and optimise medicines use: <ul style="list-style-type: none"> • All community pharmacies have private consultation areas to speak with patients in private • All community pharmacies will offer counselling in order to maximise the benefit from prescribed medicines • Smoking cessation advice and support is provided at 	<ul style="list-style-type: none"> • Register through www.mydps.ie

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Category	Service	What is involved?	How to access?
Stroke	Community Pharmacist	<p>all community pharmacies and some community pharmacies provide a structured smoking cessation support programme</p> <ul style="list-style-type: none"> • Many community pharmacies provide influenza and pneumococcal vaccination services. The vaccines may be free if you are in an 'at risk' group but you may be charged a consultation fee, unless you have a medical card or a GP visit card • Many community pharmacies provide blood pressure checks and some provide 24 hour blood pressure monitoring services • Some community pharmacies provide blood cholesterol testing • Some community pharmacies provide structured weight loss programmes • Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than €80 (a maximum amount) each calendar month for approved prescribed drugs and medicines. Anyone who is ordinarily resident in Ireland can apply. There is no means test for the DPS card. 	<ul style="list-style-type: none"> • Register through www.mydps.ie

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Category	Service	What is involved?	How to access?
Stroke	North Tipperary Stroke Support Group	Information and peer support to help those living with and caring for someone following a stroke. Thurles Stroke Support Group meets once a month. The group provides a place for stroke survivors to come together to socialise and share their experience. The meetings offer education, exercise, recreational and social support.	Meetings monthly - on the second Monday of the month (excl July & Aug) 11.30am to 1.00pm - in TCIL Centre Stradavoher Retail Park Thurles. Contact: Mary Tobin: 087 2546742 Mon - Wed
Stroke	"Life after Stroke" online Support Group for stroke survivors	Hosted on Facebook – this private forum lets you chat to other stroke survivors about the many common challenges post stroke, such as relationships, returning to work, positive mental health, anxiety and depression, fatigue and communication difficulties.	New members can join by clicking this link www.facebook.com/groups/143802206262536 and requesting membership. You can also contact Tracy Egan tegan@irishheart.ie with any queries.

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Category	Service	What is involved?	How to access?
Stroke	National Rehab Hospital	The NRH accepts referrals for adults to both the inpatient and outpatient services for people post stroke who require complex specialist rehabilitation services	Referrals for people under 65 from acute hospitals, GP's, Community agencies. Referrals for people over 65 must be from a geriatric medicine specialist. For more information and to download the referral form www.nrh.ie or Tel: 01 235 5000 ask for the Administration Office for the Brain Injury Programme
Stroke	National Rehab Hospital patient and family information leaflets	The NRH have created a range of Patient and Family Information and Education Leaflets for use during and after an acquired brain injury rehabilitation. Topics include nutrition, alcohol and driving.	www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/

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Category	Service	What is involved?	How to access?
Stroke	Headway	<p>Headway provides person centred services based on an assessment of a person's needs and their own goals for recovery to assist people and their families living with Acquired Brain Injury to rebuild their lives. In the Mid West there are Vocational training services, Rehabilitation services and Day services available.</p> <p>There is peer support group programme available to clients. Headway provides a range of cognitive, social, educational, creative and rehabilitative activities in a supportive environment.</p>	<p>Referrals are accepted from Self-Referral, family member, carer, healthcare professionals. Referral forms are available online on the website or you can contact the helpline.</p> <p>Helpline: 1800 400 478. www.headway.ie</p> <p>Limerick Office: Contact Rella Galvin 061-469306 9-11 Upper William St, Limerick. E-mail: GalvinR@headway.ie</p>

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Category	Service	What is involved?	How to access?
Stroke	Acquired Brain Injury Ireland	Acquired Brain Injury Ireland is the country's leading provider of support and services for those of working age (18 – 65 years) living with and recovering from an acquired brain injury. They provide both short and long term rehabilitation services to people with acquired brain injury and their families through residential, clinical, community neuro rehabilitation and clubhouse services. All services are supported by Local Service Managers and a regional clinical team, including access to neuropsychology and social work, which works together with community neuro rehabilitation assistants as part of the multidisciplinary team.	<p>Referrals accepted from healthcare professionals.</p> <p>Referral forms available online at: https://www.abiireland.ie/accessing-services/</p> <p>Website: www.abiireland.ie Phone: 01-2804164</p> <p>Please send forms to: David McCarthy, Area Administrator, ABI Ireland Regional Office, 29 Cahereens West, Castleisland, Co. Kerry. V92 AF53</p>
Stroke	Irish Heart Foundation Information Leaflets	A variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure.	www.irisheart.ie/publications/

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Category	Service	What is involved?	How to access?
Stroke	Irish Heart Foundation Website	Provides support, education and information for people living with heart conditions and stroke. Stroke Connect Service is a weekly telephone support service for newly discharged stroke patients and all stroke survivors who need practical and emotional support post-stroke.	Tel: (01) 668 5001 Email: info@irishheart.ie www.irishheart.ie Stroke Connect Service: https://irishheart.ie/your-health/learn-about-stroke/stroke-connect-service/
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Information Booklets	A variety of information booklets available to download on blood pressure, cholesterol, stroke.	To access these booklets: https://croi.ie/resources/
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Website and Heart & Stroke Centre, Galway	Provides support, information and education for people living with stroke.	For more information: www.croi.ie and www.croi.ie/health/stroke-info/ Contact the Heart & Stroke Centre Call: 091-544310

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Category	Service	What is involved?	How to access?
Stroke	The National Clinical Care Programme for Stroke (HSE)	The National Clinical Programmes (NCPs) have provided a foundation of valuable learning of the need to maintain and enhance clinical leadership and develop clinical pathways that are truly patient-centred. The National Clinical Programme for Stroke (NCPS) commenced in early 2010. The mission of the programme is to shape the delivery of better care through better use of resources. The vision is to design standardised models for the delivery of integrated clinical care and to embed sustained clinical operational management of the integrated pathway.	For further information on the Stroke Clinical Care Programme go to: https://www.hse.ie/eng/about/who/cspd/ncps/stroke/
Stroke	World Health Organization (WHO)	WHO has brought together the world's top health experts to produce international reference materials and to make recommendations to bring better health to people throughout the world. For more information please visit their website.	Website: https://www.who.int/

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Category	Service	What is involved?	How to access?
Stroke	The National Institute for Health and Care Excellence (NICE)	The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care	Website: https://www.nice.org.uk/
Stroke	See also section on Generic Supports		

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Category	Service	What is involved?	How to access?
GENERIC SUPPORTS			
This section of the directory is a guide to further information and supports that are available for adults living with a long term health condition throughout the Mid West Community Healthcare Area.			
Carers Supports	Support for Carers	Information, support and signposting for carers.	For further information go to: www.hse.ie/eng/services/list/3/carerssupport/
Carers Supports	Carer Supports: Family Carers Ireland	Provides help and advice to carers such as information on rights and entitlements. Also runs Peer support carers groups that meet regularly to offer each other help and support.	For further information phone Careline 1800 24 07 24 or 057-9322920 or use Contact form on the website: https://www.familycarers.ie/find-us Website: www.familycarers.ie
Drugs and Alcohol	HSE Mid West Drug & Alcohol Service	HSE Mid West Drug & Alcohol Service – Counselling, outreach support, opiate substitution programme, needle exchange.	For further Information please contact: Limerick: 061 318633 Clare: 065 6865852 Nth Tipp: 067 46512
Drugs and Alcohol	Ask about alcohol website	Reliable information and support about alcohol. Includes a service finder which provides contact details about local support groups.	For further information go to: www.askaboutalcohol.ie



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Category	Service	What is involved?	How to access?
Drugs and Alcohol	Drugs and alcohol helpline (HSE)	A free confidential place where anyone can talk through their concerns about drugs or alcohol, get information about services and consider the options available to them to improve their situation.	For further information contact Free phone number: 1800 459 459 (Monday- Friday, 9.30am- 5.30pm) or Email support: helpline@hse.ie
Drugs and Alcohol	Drug and alcohol support service	Drugs and alcohol information and support including a directory of services.	For further information go to: www.drugs.ie
Emotional and Mental Well Being Supports	<p>If you, a member of your family or someone you know is in distress help is available. In the first instance contact your GP, if it is late in the evening or at the weekend call your local GP Out of Hours Service. You can also go to the Emergency Department in your nearest hospital or you can contact the Emergency Services on 112 or 999.</p> <p>There are a wide range of statutory, community and voluntary services available throughout the Mid West Community Healthcare Area. For a full list of mental health supports for the Mid West Community Healthcare please visit yourmentalhealth.ie</p> <p>The following are a few useful links for further information only and links to training programmes that are available in the Mid West Community Healthcare.</p>		
Emotional and Mental Well Being Supports	Website: Information and directory of mental health supports	Reliable advice, information and signposting to support services for mental health and wellbeing, including access to suicide awareness training.	Please Visit: www.yourmentalhealth.ie

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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Mental Health Booklets	Link to a range of booklets on Mental Health in English and other languages to download or order	<p>Please visit: www.healthpromotion.ie</p> <p>Social Inclusion Website Resources: https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/multilingual-resources-and-translated-material/</p>
Emotional and Mental Well Being Supports	Office for Suicide prevention Midwest	<p>The Office for Suicide Prevention, Mid West provides signposting to relevant services and a suite of suicide prevention, bereavement and self-harm training for service providers and the general public. These include, Start online training, safe TALK, ASIST and Understanding Self-Harm.</p> <p>Connecting for Life is the national strategy to reduce suicide in Ireland over the period 2021-2024. The Connecting for Life Mid West Suicide Prevention Action Plan is the local plan in line with the goals of the national strategy.</p>	<p>For more information please contact the office on 061 461454</p> <p>Mick Collins, Resource Officer in Suicide Prevention michaela.collins@hse.ie</p> <p>To view upcoming suicide prevention and self-harm related training workshop dates please Click here</p> <p>You can also find out further information on a range of other trainings through the Connecting with Training link below Connecting for Life - Connecting with Training Midwest</p>

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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Office for Suicide prevention Midwest (contd.)	<p>The Office for Suicide Prevention, Mid West provides signposting to relevant services and a suite of suicide prevention, bereavement and self-harm training for service providers and the general public. These include, Start online training, safe TALK, ASIST and Understanding Self-Harm.</p> <p>Connecting for Life is the national strategy to reduce suicide in Ireland over the period 2021-2024. The Connecting for Life Mid West Suicide Prevention Action Plan is the local plan in line with the goals of the national strategy.</p>	<p>http://www.yourmentalhealth.ie/get-involved/news-events/events/</p> <p>To access the Connecting for Life Mid West Suicide Prevention Action Plan 2021-2024 please visit: www.connectingforlifemidwest.ie</p> <p>Find out more about the #littlethings and about mental wellbeing on www.yourmentalhealth.ie or call the Samaritans on 116 123 for a listening ear and for 24/7 emotional support.</p> <p>Remember, it's the little things that can help.</p> <div style="text-align: right;">   </div>

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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Connecting with Training: Mid West Mental Health Promotion Training	Connecting with Training includes a variety of evidence based or evidence informed workshops and courses from a wide range of providers from statutory, community and voluntary sectors across Limerick, Clare and North Tipperary. The majority of the courses included are free or low cost. podiatry	For more information please visit: https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/cfl-midwest-updated-connecting-with-training.pdf
Emotional and Mental Well Being Supports	Connecting for life: Poster of mental health supports in the Mid West Healthcare Area	Poster of mental health supports developed by the connecting for life strategy. Please download poster to see list of available mental health supports in the Mid West Healthcare Area.	Download poster at the following link: https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connecting-for-life-mid-west.html

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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	HSE National Directory of Mental Health Services	<p>The National Directory of Mental Health Services is a resource that offers a single national view of all the HSE mental health services that are available throughout Ireland, including those services delivered through a section 38 or section 39 service level agreement. Emergency Departments, GP out-of-hour clinics and Approved Centres operated by the independent/private sector are likewise included.</p> <p>For MHD and the CHOs it provides an up-to-date and valuable tool to inform future planning and resource allocation as well as containing data that is useful for report writing and responding to queries. For all staff, the directory offers a single source of information when searching for the location, contact details and opening hours of a particular service.</p>	<p>For Further information go to: https://data.gov.ie/dataset/national-directory-of-mental-health-services</p>
Emotional and Mental Well Being Supports	HSE National Counselling Services	Free Counselling Service for adults who have experienced trauma and abuse in childhood.	<p>Self-referral is accepted. Further information Free phone: 1800 234 115 or Email: Comhar@hse.ie</p> <p>https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/</p>

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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Counselling in Primary Care (CIPC)	Short term general counselling service for people with a medical card. Suitable for persons experiencing depression, anxiety, relationship problems, loss issues etc.	GP or other members of the Primary Care Team with the GP's awareness can make referral using the standard CIPC referral form. For further information contact CIPC Counselling Coordinator, 6 Mount Vincent Terrace O'Connell Ave, Limerick Phone Number: 061-464046
Emotional and Mental Well Being Supports	On line low cost counselling services	My Mind provides fast and easy access to counselling and psychotherapy face to face and online Turn2me is a high quality, safe, anonymous and confidential space for you to gain support for your mental health online	https://mymind.org/ https://turn2me.org/

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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Private Counsellors	Clients who wish to access counselling or psychotherapy privately, the following four professional organisations are recognised / recommended by the HSE Directors of Counselling group.	<p>The Irish Association of Counselling and Psychotherapy (IACP) www.iacp.ie Tel. 01-2303536</p> <p>The Psychological Society of Ireland (PSI) www.psychologicalsociety.ie Tel. 01-4720105</p> <p>The Irish Council for Psychotherapy (ICP) www.psychotherapycouncil.ie Tel. 01 9058698</p> <p>Irish Association for Humanistic Psychotherapy (IAHIP) www.iahip.org Tel 01 2841665</p>
Emotional and Mental Well Being Supports	LittleThings Mental Health Campaign	The LittleThings campaign focuses on the little things that we can all do to protect our own mental health, and support the people we care about.	Please visit: https://www2.hse.ie/services/campaigns/littlethings/about-littlethings.html

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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Living Well with Dementia	This is a three year community-based pilot project to support people with dementia in the Dublin area to continue to live at home and participate in their own community. The pilot project trials new ways to support people with dementia who are living in the community and those who care for them. Though this project is Dublin based, the website offers useful information, assistive technology resources and links to further resources & supports.	http://livingwellwithdementia.ie/
Financial Supports	Money Advice and Budgetary Service (MABS)	MABS is a free, independent, non-judgmental and confidential service for people who are in debt or at risk of getting into debt. MABS will work with you to determine the type of support you need, including assessing whether it is necessary to meet with a Money Adviser.	For further information go to: www.mabs.ie Helpline: 0818 07 2000
Financial Supports	Medical Card	A medical card allows you to access medical services, prescription medicines and hospital care free of charge.	For further information go to: https://www2.hse.ie/medical-cards/
Financial Supports	GP Visit Card	If you are not eligible for a medical card you may be eligible for a GP visit card. A GP visit card allows you free visits to a participating GP.	For further information go to: https://www2.hse.ie/services/gp-visit-cards/

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Category	Service	What is involved?	How to access?
Financial Supports	Over 70s GP visit Card	If you are over 70 you can register for a GP visit card, regardless of income.	<p>For further information: https://www2.hse.ie/services/gp-visit-cards/over-70s-gp-visit-card.html</p> <p>To apply by post, download the form using the web link above or phone us on 0818 22 44 78 to order one in the post. Post the completed form to The National Medical Card Unit, PO Box 11745 Dublin 11, D11 XKF3</p>
Financial Supports	Drugs Payment Scheme	Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than a set fee in each calendar month (currently €100) for approved prescribed drugs and medicines, rental costs for a continuous positive airway pressure (CPAP) machine, rental costs for Oxygen. Anyone who is 'ordinarily resident' in the Republic of Ireland can apply. There is no means test for the DPS Card.	<p>For further information go to: https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</p>

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Category	Service	What is involved?	How to access?
Financial Supports	Long-Term Illness Card	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances free from your pharmacy. Certain diseases and disabilities are covered by the scheme. To qualify, you must be 'ordinarily resident' in the Republic of Ireland. There is no means test for the scheme.	<p>Patients and service users can apply by completing an application form and posting it to:</p> <p>Long-Term Illness Scheme Client Registration Unit PO Box 12962 Dublin 11 D11 XKF3 Tel 0818 22 44 78</p> <p>For further information go to: https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html</p>
Financial Supports	Primary Care Reimbursement Service (PCRS)	The Primary Care Reimbursement Service (PCRS) is part of the HSE, and is responsible for making payments to healthcare professionals, like GPs, dentists and pharmacists, for the free or reduced costs services they provide to the public. So, when you visit the GP using your Medical Card, or when you are only charged the monthly threshold amount for your medicine under the Drugs Payment Scheme, it is the HSE PCRS who pays the GP and pharmacist on your behalf.	<p>For more information please see: https://www.hse.ie/eng/staff/pcrs/</p>

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Category	Service	What is involved?	How to access?
Financial Supports	Home Energy Grants - Sustainable Energy Authority of Ireland (SEAI)	<p>Do you want a more comfortable home and lower energy bills?</p> <p>The SEAI home energy grants are available to all homeowners.</p> <p>There are a variety of grants available such as insulation grants or solar water heating grants.</p> <p>Terms and conditions apply.</p>	<p>For further information about the SEAI Home Energy Grants: phone 1850 927000 email: info@betterenergyhomes.ie www.seai.ie/grants/home-energy-grants/</p>
Financial Supports	Better Energy Warmer Homes Scheme - Sustainable Energy Authority of Ireland (SEAI)	<p>The Scheme provides free energy efficiency upgrades for eligible homes. The aim of the Scheme is to make eligible homes warmer, healthier, and cheaper to run.</p> <p>If SEAI determine that an applicant's home is eligible to participate in the Scheme, the Work(s) will be carried out at no cost to the applicant.</p> <p>There are certain requirements that you must meet in applying for the upgrades scheme. See SEAI website for more details.</p>	<p>For further information the SEAI are happy to provide support throughout the process. You can talk to one of the team on Tel:- 01-8082004 or 1800 250 204. Email: info@seai.ie</p> <p>www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes/</p>

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Category	Service	What is involved?	How to access?
Financial Supports	Nursing Homes Support Scheme	The Nursing Home Support Scheme is a scheme for State Financial Support for people who need long-term nursing home care. Under this scheme you will be assessed to make a contribution towards the cost of your care and the State will pay the balance. This applies to whether the nursing home is public, private or voluntary.	For further information and to download the information booklet please visit: https://www2.hse.ie/file-library/fair-deal/nursing-homes-support-scheme-information-booklet.pdf Contact Details for the Mid West Healthcare: HSE Nursing Homes Support Office, St Joseph's Hospital, Mulgrave Street, Limerick. Telephone: 061-461499 E-Mail: nursinghomessupport@hse.ie
Healthy Eating	Healthy Eating HSE	HSE Healthy Eating Guidelines and the Food Pyramid.	For further information go to: https://www.hse.ie/eng/about/who/healthwelbeing/our-priority-programmes/heal/healthy-eating-guidelines/
Healthy Eating	101 Square Meals: recipe book	Recipes that are easy to prepare, low budget and highly nutritious.	Download here https://www.safefood.eu/Recipes/101-Square-Meals-(PDF).aspx
Healthy Eating	Healthy Food for Life Food Pyramid	A 7-page guide to the food pyramid, portion sizes and tips for making healthy food choices.	Download here: https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf

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Category	Service	What is involved?	How to access?
Healthy Eating	Healthy Food for Life Guidelines	The Healthy Food for Life guidelines and resources provide practical support for individuals and families to make healthier food choices which helps to improve their health and well-being. They include a leaflet, infographic of the food pyramid, sample daily meal plans, guidelines on portion sizes and fact sheets.	Download resources from: https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/healthy-eating-guidelines/ or order copies from: www.healthpromotion.ie
Healthy Eating	Carbohydrate and Calorie counting book and app	1700 photos of food and drink and meals that assist people to count calories and choose correct portions.	Order the book from www.carbsandcals.com or online book stores. Also available as an app to download to your smartphone.
Healthy Eating	Safe Food	Website providing reliable information on food safety and healthy eating. You can also download publications and recipes.	https://www.safefood.net/
Healthy Eating	Irish Nutrition and Dietetic Institute (INDI)	The Irish Nutrition & Dietetic Institute (INDI) is the professional organisation for Dietitians in Ireland. This website is a source of nutrition news, resources and fact sheets relevant to your work with your patients. You can also find out how to access a Dietitian and nutrition services for your patients/clients.	www.indi.ie

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Category	Service	What is involved?	How to access?
Healthy Eating	Nutrition Support	<p>People living with long term health conditions are at particular risk of malnutrition. This webpage has information for healthcare professionals and for the public.</p> <p><u>Healthcare Professionals:</u> The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage malnutrition in the community.</p> <p><u>Public:</u> These resources are intended for people who have been advised by a trained healthcare professional that they require a high calorie protein diet.</p>	www.hse.ie/nutritionsupports
Healthy Eating	BMI calculator	To discover your body mass index, just select your height, weight, waist and gender and click 'calculate.'	https://www.safefood.net/bmi-calculator

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Category	Service	What is involved?	How to access?
Healthy Eating	A Guide to Managing your Weight	This easy-to-use booklet gives practical advice about managing weight. It was produced as a joint initiative between the Physiotherapy and Nutrition and Dietetic Departments in the Midland Regional Hospital Mullingar, in association with Dr Donal O'Shea HSE Clinical Lead for Obesity. This booklet also signposts to some commercial weight management supports.	Download here: https://uploads-ssl.webflow.com/56bb313e0cccd239096171fd/5b854258b978e4337b33230a_Regional%20Hospital%20Mullingar%20Weight%20Management%20Guide%202018.pdf
Healthy Eating	HSE Website Weight Management - Health Professional Support	This page provides links to a range of useful resources for health professionals who are supporting children, adults and families to keep a healthy weight and follow good eating and exercise habits.	Please visit: https://childhoodobesity.ie/training/ https://www.hse.ie/eng/about/who/cspd/ncps/obesity/programme-resources/healthy-weight-for-children-hse-action-plan.pdf https://www.hse.ie/eng/about/who/cspd/ncps/obesity/ https://www.hse.ie/eng/about/who/cspd/ncps/obesity/a-healthy-weight-for-ireland-obesity-policy-and-action-plan.pdf

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Category	Service	What is involved?	How to access?
Healthy Eating	HSE Website Weight Management - Health Professional Support (contd.)	This page provides links to a range of useful resources for health professionals who are supporting children, adults and families to keep a healthy weight and follow good eating and exercise habits.	https://www.hse.ie/eng/services/list/2/primarycare/east-coast-diabetes-service/management-of-type-2-diabetes/lifestyle-management/weight-management/ https://www.gov.ie/en/publication/da7f19-eat-well/?referrer=/health-initiatives/heg/
Healthy Eating	Dietitian Service in the Community	Dietetic assessment and intervention for weight management <ul style="list-style-type: none"> • Obesity i.e. BMI \geq 30 kg/m² • Overweight i.e. BMI \geq 25 kg/m² with \geq1 of the following risk factors or co-morbidities: hypertension; family history of CVD; established CVD; smoking; dyslipidaemia; diabetes. Please note this service is resource dependent	Referrals will be accepted if the client's principal medical care is with their GP, the client does not require acute hospital management for their condition and referral acceptance criteria apply. <ul style="list-style-type: none"> • Referrals will be accepted from members of the primary care multidisciplinary team and CORU registered Dietitians • Hospital Dietitians may transfer Dietetic care to the community Dietitian if the client has been seen by the acute hospital Dietitian, the client consents to transfer of care and a nutritional transfer form is forwarded to the relevant Dietitian • Hospital Consultants may refer via a completed PCCC form or a letter containing all PCCC relevant information

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Category	Service	What is involved?	How to access?
Healthy Eating	Dietitian Service in the Community (contd.)	<p>Dietetic assessment and intervention for weight management</p> <ul style="list-style-type: none"> • Obesity i.e. BMI ≥ 30 kg/m² • Overweight i.e. BMI ≥ 25 kg/m² with ≥ 1 of the following risk factors or co-morbidities: hypertension; family history of CVD; established CVD; smoking; dyslipidaemia; diabetes. <p>Please note this service is resource dependent</p>	<p>Referral should be sent to: Community Dietetics, Primary Care, Health Centre, Tyone, Nenagh, Co. Tipperary, E45 KH59 Tel: 067 46441 Email: kay.finn@hse.ie</p>
Healthy Eating	Public Level 3 & 4 Obesity Service in St. Columcille's Hospital Loughlinstown, Co. Dublin	<p>Public Level 3 & 4 Obesity Service in St. Columcille's Hospital Loughlinstown, Co. Dublin for adults with complicated obesity ie. BMI >30kg/m² with significant obesity-related metabolic, mechanical, psychological and/or functional health complications. Treatment involves an individualised behavioural intervention aiming to improve health complications, nutrition, movement, sleep and self-care, in addition to pharmacotherapy and bariatric surgery.</p>	<p>More information and health care professional referral information can be found at http://weightmanagement.ie/index.html/ https://www.hse.ie/eng/services/list/3/acutehospitals/hospitals/loughlinstown/contact-details-and-wards-departments/</p>

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Category	Service	What is involved?	How to access?
Healthy Eating	Healthy Food Made Easy (HFME) Tutor Training	<p>Healthy Food Made Easy (HFME) is a Community Cooking Programme providing practical advice on healthy, nutritious, low cost meals & snacks for all the family.</p> <p>Tutors are trained to deliver the 6 week practical cooking course to various groups in the Community & HSE settings.</p> <p>A Community Dietitian provides a curriculum plus resources and trains tutors. The Dietitian also provides follow up support.</p> <p>HFME course consists of: -6 sessions (over 6 weeks), each lasting 2 - 2½ hours</p>	<p>For further information Please Contact: Christine Gurnett Telephone: 061-483215 / 255 E-Mail: christine.gurnett@hse.ie</p>
Health Information	Medicines Information	Online information and advice on your medications.	For further information go to: www.medicines.ie
Health Information	Health Products Regulatory Authority (HPRA)	The HPRA regulate medicines, medical devices and other health products. Information on regulated products, safety updates and medication safety are available on the website. Suspected side-effects and adverse reactions can be reported to the HPRA via the website.	Website: www.hpra.ie

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Category	Service	What is involved?	How to access?
Health Information	The “Know, Check, Ask,” Medication Safety Campaign	<p>The campaign encourages people who take regular medicines, and those assisting them, to:</p> <ul style="list-style-type: none"> • Know your medicines and keep a list, bringing it to appointments and if admitted to hospital • Check that you are using the right medicine the right way • Ask your healthcare professional if you’re unsure <p>These simple actions can help people to manage their medicines. The list can aid better communication, particularly at transitions of care.</p>	<p>Print off a copy of the My Medicines List from www.safermeds.ie</p> <p>Further information can be found on https://www.hse.ie/eng/about/who/qid/national-safety-programmes/medicationsafety/get-started-know-check-ask-for-people-who-use-medicines-and-their-families.html#know</p>
Health Information	National Driver Licence Service	<p>The NDLS website contains guidelines that help doctors and other healthcare professional assess the medical fitness to drive of their patients. It also includes information leaflets on driving with certain medical conditions including diabetes, cardiac conditions and dementia, as well as the impact of medication on driving.</p>	<p>www.ndls.ie/medical-reports.html</p> <p>https://www.ndls.ie/medical-fitness/do-i-need-to-submit-a-medical-report.html#medical-and-eyesight-forms</p>

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Health Information	HSE Medicines Management Programme	<p>The Medicines Management Programme aims to promote safe, effective and cost effective prescribing. In 2013 the HSE's multi-disciplinary Medicines Management Programme (MMP) was established. The MMP works with the National Medicines Information Centre (NMIC) and the National Centre for Pharmacoeconomics (NCPE) in collaboration with the HSE-Primary Care Reimbursement Service (HSE-PCRS) to provide sustained national leadership relating to issues such as the quality of the medicines management process, access to medicines and overall expenditure on medicines. The Medicines Management Programme has undertaken a number of initiatives aimed at enhancing evidence-based and cost-effective prescribing nationally. These can be accessed online at https://www.hse.ie/eng/about/who/cspd/ncps/medicines-management/</p>	<p>For further information go to: https://www.hse.ie/eng/about/who/cspd/ncps/medicines-management/</p>

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Category	Service	What is involved?	How to access?
Health Information	National Clinical Guidelines from the Department of Health	The National Clinical Guidelines are systematically developed statements, based on a thorough evaluation of the evidence, to assist practitioner and service users' decisions about appropriate healthcare for specific clinical circumstances across the entire clinical system. The aim of National Clinical Guidelines is to provide guidance and standards for improving the quality, safety and cost effectiveness of healthcare in Ireland.	For more information go to: https://www.gov.ie/en/collection/c9fa9a-national-clinical-guidelines/
Health Information	Cardiology in Clinical Pharmacy Practice Module (Trinity College Dublin)	Cardiology in Clinical Pharmacy Practice Module. This is a 12 week course for registered pharmacists. It is run through Trinity College Dublin.	For more information please visit: https://pharmacy.tcd.ie/postgraduate/cardiology_clin_pharm_mod.php
Health Information	Citizen's Information	Provide information on your rights and entitlements.	For further information: Citizen's Information Centres Tel: 0818 07 4000 www.citizensinformation.ie
Health Promotion	Health Promotion.ie	Health literature available to order online on a large range of topics including health eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order large quantities.	For further information go to: www.healthpromotion.ie https://www2.hse.ie/services/healthpromotion/order-form.html

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Category	Service	What is involved?	How to access?
Health Promotion	Sexual Health & Wellbeing	Sexual health is an important part of our overall health and wellbeing. This website provides comprehensive information on the many sexual health and wellbeing topics including:- - Contraception, LGBT, HIV, Sexually Transmitted Infections, Crisis Pregnancy Supports.	For more information please visit: https://www.hse.ie/eng/health/hl/yoursexualhealth/ https://www.sexualwellbeing.ie/
Health Promotion	Dementia Understand together	Dementia is caused by different diseases of the brain. These diseases affect the parts of the brain which are usually used for learning, memory & language. If you or someone you know worried about Dementia, then this website and/ or helpline may help.	Find out more about Dementia and the services and supports near you on: Freephone helpline: 1800 341 341 https://www.understandtogether.ie/
Health Promotion	Making Every Contact Count	This E-learning training programme is for health and social care professionals to help them make every contact count. It consists of 6 x 30-minute e-learning modules Including: Introduction to behaviour change, four topic modules on smoking, alcohol and drugs, healthy eating and active living and a skills into practice module. Following completion of the on-line module there is an opportunity to complete a classroom-based 'Enhancing your brief intervention skills' workshop.	For further information go to: www.makingeverycontactcount.ie

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Category	Service	What is involved?	How to access?
Health Promotion	Workplace health & wellbeing	This website provides information for healthcare workers to support them to be physically and emotionally well throughout their working lives. It provides links to suitable resources and supports.	For further information go to: https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/
Health Promotion	Healthy Ireland	A Government-led initiative which aims to create an Irish society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.	http://www.healthyireland.ie/
Health Supports	Flu Vaccination	Seasonal flu is a highly infectious viral illness of the respiratory tract that can be life threatening. Vaccination is strongly recommended for those with long-term health conditions such as diabetes, heart and lung disease including COPD. People over 18 may attend their GP or Pharmacist for vaccination. Those without a 'Medical Card' or 'GP Visit Card' will be charged for the consultation but the vaccine is free. Healthcare workers are also strongly advised to get the vaccine.	https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/about-the-vaccine/

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Category	Service	What is involved?	How to access?
Health Supports	Pneumococcal Vaccine	Adults aged 65 and over and those aged over 2 and under 65 with chronic lung or heart disease or with type 2 diabetes are advised to get the pneumococcal vaccine. A booster vaccine is recommended 5 years after the first vaccination but depending on age and risk factors a person may require 1, 2 or 3 doses of PPV.	For further information see: https://www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/#
Health Supports	Flu Vaccine for Staff	HSE Advice on Flu Vaccinations for staff. All HSE healthcare workers can avail of free Flu vaccination at any of the flu clinics.	https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/flu-vaccine-for-people-with-long-term-conditions/
Health Supports	National Immunisation Office	The national Immunisation office website provides trusted, up-to-date information about HSE immunisation programmes for children, adults and healthcare professionals in Ireland. The National Immunisation Office is responsible for managing vaccine procurement and distribution, developing training and communication materials for the public and health professionals.	For further information: www.hse.ie/eng/health/immunisation/ HSE National Immunisation Office, Units 8-9 Manor Street Business Park, Manor Street, Dublin 7 Email: immunisation@hse.ie

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Category	Service	What is involved?	How to access?
Health Supports	Practical advice when sick or feeling unwell	Practical advice on how to mind yourself or your family when you're sick. From the HSE, GPs and Pharmacists.	www.undertheweather.ie https://www2.hse.ie/under-the-weather/
Health Supports	Winter Advice for those with long term health conditions	Web page providing information about how seasonal changes in the winter such as cold weather can affect your health or the health of someone you care for.	https://www2.hse.ie/winter/
Health Supports	Winter Ready Checklist for long-term health conditions	Useful checklist by the HSE on being prepared for the winter period when living with a long-term health condition such as Asthma, COPD, Diabetes and Heart Disease.	Click here for more info: https://www2.hse.ie/wellbeing/winter/advice-patients-with-chronic-conditions/
Health Supports	Antimicrobial Resistance and Infection Control	Factsheets and Patient Information Leaflets	http://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/hcai/
Health Supports	HSELive	HSELive is a general information service that provides information to the public relating to the HSE's services and schemes. The service is contactable by phone, e-mail and live-chat. It is open from 8:00 am to 8:00 pm Monday to Friday and from 9:00 am to 5:00 pm on Saturday.	www.hse.ie/eng/hselive/ Call save: 1800 700 700 Tel: (01) 240 87 87 Twitter: @HSELive

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Category	Service	What is involved?	How to access?
Palliative Care	Specialist Palliative Care Services available in University Hospital Limerick, Ennis Hospital, Nenagh Hospital & St John's Hospital	The aim of palliative care is to enhance quality of life and, wherever possible to positively influence the course of illness. Palliative care also extends support to families to help them cope with their family member's illness and their own experience of grief and loss.	Referral to Specialist Palliative Care service is through the patient's primary treating Consultant and team in the hospital.
Palliative Care	Palliative Care Services in the Community Mid West Healthcare Area	Specialist Palliative Care Community Service is a multi-disciplinary team who work alongside primary care team in the community and have access to Specialist Palliative Day Unit in Milford Hospice.	Referral to Specialist Palliative Care Community Service's and Specialist Palliative Day Unit occurs through patient's GP
Palliative Care	Milford Care Centre	Milford Care Centre offers; <ul style="list-style-type: none"> - Specialist Palliative Care Community Services - Hospice Inpatient Unit - Specialist Palliative Day Unit - Out Patient Dept Consultant Clinic - Education & Research - Bereavement Support 	A Medical Practitioner can make a referral to Inpatient Unit by completing the Specialist Palliative Care Service form – see Web site www.milfordcarecentre.ie Milford Care Centre, Plassey Park Rd, Castletroy, Limerick. V94 H795 Tel: 061 485800

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Category	Service	What is involved?	How to access?
Palliative Care	National Clinical Programme Palliative Care	<p>The Clinical Programme brings clinical leadership to the heart of decision making process with the ultimate aim of improving quality and access to Palliative Care.</p> <p>The platform gives an overview of palliative care, identifying early provision of palliative care, with documents and resources for health care providers to guide clinical practice.</p>	https://www.hse.ie/eng/about/who/cspd/ncps/palliative-care/
Palliative Care	The Irish Hospice Foundation	<p>The Irish Hospice Foundation (IHF) is a national charity dedicated to all matters relating to dying, death and bereavement in Ireland.</p> <p>It provides support, advice, information and education for persons who are dying, family members and health carer profession.</p>	<p>For Further information contact 01 679 3188 Email: info@hospicefoundation.ie</p> <p>The Irish Hospice Foundation, Morrison Chambers (4th Floor), 32 Nassau Street, D2. www.hospicefoundation.ie</p>

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Category	Service	What is involved?	How to access?
Palliative Care	The Palliative Hub: An All Ireland Gateway to Palliative Care Information	<p>The Palliative Hub has been developed to act as a gateway to information and resources about palliative care on the island of Ireland.</p> <p>The Hub provides a general overview of what palliative is for the general public as well as an online resource for health and social care professional</p> <p>The four different components within the website:</p> <ul style="list-style-type: none"> ·Children and Young People ·Adult ·Learning Platform ·Professional 	Website – www.thepalliativehub.com

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Category	Service	What is involved?	How to access?
Primary Care	Primary Care Services	<p>Primary Care services are community based services and are delivered to service users as close to home as possible. The services in the Mid West Healthcare Area are delivered through Primary Care Teams (PCT), community network services, General Practices and Community Schemes.</p> <p>These services include:</p> <p>Community Nursing services– Public Health Nurses and Community Registered Nurses, Community medical services, General Practitioner services, Audiology services Occupational Therapy services, Physiotherapy services, Speech and Language Therapy services, Dietetic services, Psychology services, Social Work services, Podiatry services, Oral health services, Orthodontic services, Restorative Dentistry services, Community Ophthalmic services, Drug & Alcohol services, Ethnic Minorities services, Homeless services and Palliative Care services.</p>	<p>Contact your local Primary Care Centre/ Health Centre or General Practitioner who will advise how to access the particular service.</p> <p>For a list of Primary Care Centres/Health Centres in your area https://www.hse.ie/eng/services/list/2/primarycare/pccser.html</p> <p>Some services are accessible only by eligible service users, e.g: Dental service (DTSS)</p>

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Category	Service	What is involved?	How to access?
Primary Care	Podiatry Midwest Foot Clinic	This clinic addresses footwear/insole/orthotic needs of both adult and paediatric population in primary care.	Referrals accepted from GP, Consultant or healthcare professional Referrals are by post to Barrack View Primary Care Centre, Lord Edward St, Limerick V94 8DDW Email: midwestfootclinic@hse.ie Tel: 061 461 804
Physical Activity	Age & Opportunity: Fit Line	Go for Life Fitline is a free telephone-based exercise support that encourages older adults who are doing no physical activity to become more active. It is manned by volunteer older adults who are trained to motivate and encourage people to be active.	Free phone: 1800 303 545 and a mentor will phone you every few weeks until you are happy with your progress.

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Category	Service	What is involved?	How to access?
Physical Activity	Age & Opportunity: Go for Life	<p>Go for Life, an Age & Opportunity SPORT initiative, is the national programme for sport and physical activity for older people in Ireland and entails:</p> <p>Go for Life Games: sport fests and regional games and activities being played all over the country by various groups and organisations supported by Local Sports Partnerships.</p> <p>National Grant Scheme: a small grant scheme open to local groups and clubs to promote increased participation in recreational sport and physical activity.</p>	<p>Contact the Go for Life Team on Tel: (01) 805 7733 Email: active@ageandopportunity.ie www.ageandopportunity.ie</p>
Physical Activity	Age & Opportunity: Go For life PALS workshop	<p>Go for Life is the national programme for sport and physical activity for older people in Ireland. A PAL is a Physical Activity Leader who is already part of a group or club and is willing to lead activities. PALs lead their local group in things like short exercise routines, fun games, simple dances and sports like pitch and toss. Groups may be an Active Retirement group, a sports club, an ICA group or some social group that meets regularly. Do you have people in your group who would be interested in leading some physical</p>	<p>We will show a number of people in your group how to become PALs, so that you always have a few people who can lead a session. Each PAL will come to nine workshops that cover all of the different Go for Life activities. There are routines and activities to suit every member of your group. Each workshop runs for five hours. They are a good mix of theory and practical work. They are also friendly and fun. Go for Life PALs' workshops are run in</p>

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Physical Activity	Age & Opportunity: Go For life PALS workshop	activities? They don't have to be very sporty or have a sporting background: they just need to be enthusiastic.	partnership with Local Sports Partnerships and the HSE. To find out where and when the next workshop will be, contact the Go for Life Team at: 01 805 7733 or active@ageandopportunity.ie
Physical Activity	Age & Opportunity: Go For Life CarePALS	Go for Life is the national programme for sport and physical activity for older people in Ireland. It is an initiative of Age and Opportunity and funded by Sport Ireland. CarePALS workshops aim to empower staff and volunteers in day and residential care settings to lead suitable physical activities with older people. The model developed by Go for Life means that staff can deliver physical activity sessions, which can then be included as part of the daily or weekly routine without additional costs to the care service	CarePALS is for staff members or volunteers currently working in a residential or day care centre. You are not expected to have any background or formal experience in leading physical activities but you will need to have an interest in learning to lead physical activities. You will also need a commitment from your employer to enable you to put a programme in place following your training. CarePALS training takes place over two separate days with an opportunity between the first and second day to try out what you have learned. It is funded by the HSE so is free to staff or volunteers of care settings. For details on upcoming courses or to register your interest in CarePALS contact Go for Life on 01 8057733 or email active@ageandopportunity.ie

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Category	Service	What is involved?	How to access?
Physical Activity	Get Ireland Walking	Support to get you walking. Regularly updated information on walking groups in your locality	For further information go to: https://www.getirelandwalking.ie/findgroup/
Physical Activity	Get Ireland Active	Regular physical activity is key to improving health and wellbeing for people of all ages and abilities. Get Ireland Active Programme aims to help get us all more active every day. The Get Ireland Active Programme toolkits include; <ul style="list-style-type: none"> • National Physical Activity Guidelines for children, adults, older people and people with disabilities. • Physical activity programmes and events across the country 	For further information go to: www.getirelandactive.ie
Physical Activity	HSE Information on how to improve your fitness	Fact sheets which provide practical advice for people living with heart disease, diabetes, arthritis, cancer, asthma and osteoporosis about overcoming concerns about becoming more active. Also general factsheets on improving balance, posture and strength.	For further information go to: www.getirelandactive.ie/Older-Adults/Resources/Fact-Sheets/
Physical Activity	Park Run	Parkrun is a series of 5k runs/walk held on Saturday mornings at 9.30am in areas of open space around Ireland. They are open to both runners and walkers, free, and are safe and easy to take part in.	www.parkrun.ie

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Category	Service	What is involved?	How to access?
Physical Activity	Tipperary Sports Partnerships	Tipperary Sports Partnership delivers a wide range of programmes and courses promoting Physical Activity. Our Functions are to 1. Inform, 2. Enable and 3. Educate individuals and communities to engage in physical activity. The aim of Tipperary Sports Partnership is "Getting Tipperary Active". A list of current Programmes currently been run can be found on the Tipperary Sports Partnership webpage. These Include: Older adult swimming, orienteering, Activator walking programmes, 8 week walking programme, safe cycling, tennis for women, Senior strength and mobility classes etc.	For more information contact: Tipperary Sports Partnership Civic Offices Nenagh Co. Tipperary or Tipperary Sports Partnership Ballingarrane House Ballingarrane Co. Tipperary Tel: (052) 6166201 Email: info@tipperarysports.ie Website: https://www.tipperarysports.ie
Self-Management Programme	Living well With Arthritis and other conditions -Based on the Stanford Model	This programme, for adults living with arthritis and related conditions, teaches the skills to live well with such conditions. In 6 weekly 2.5 hour sessions people will learn how to manage pain, reduce fatigue, improve their sense of well-being and get to meet and share experiences with people who are often coping with similar issues. Course fee: full price - €32, discounted price (for medical card holders) - €24 (plus booking fee)	For further information and locations of programmes throughout the Mid West, please visit: www.arthritisireland.ie/go/programmes_events/living_well_with_arthritis Phone: 01 661 8188/ 0818 252 846

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Self-Management Programme	Self-management support module run by Community Neuro-Rehabilitation Team (CNRT)	The CNRT team offer a self-management module to people attending the CNRT service which includes people who have had a Cerebro Vascular Accident (CVA) or Acquired Brain Injury (ABI).	Community Neuro Rehab Team The Old Convent St Camillus Hospital Shelbourne Rd, Limerick 061 483982
Self-Management Programme	Living well with deafness	<p>Outreach clinics provide free and confidential support service on all aspects of deafness and hearing loss in children and adults.</p> <p>Available Resources: Advice & information on hearing loss Assistive Technology for those with a Hearing Loss Hearing aid care & Maintenance Minor Hearing Aid Repairs Hearing Aid batteries (€2 per card)</p> <p>Clinics: Nenagh Outreach Clinic – Tyone Health Centre, Nenagh, 1st Wednesday of every month from 10am-4pm. By appointment only. Contact us on 061-467494 to make an appointment.</p>	Contact Geraldine.white@chime.ie Tel: 061 467 494 Text: 0862323946

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Self-Management Programme	Living well with deafness (contd.)	Thurles Outreach Clinic – St. Mary’s Health Centre, Thurles, 2 nd Wednesday of every month from 10am-1pm. By appointment only. Contact us on 061-467494 to make an appointment.	Contact Geraldine.white@chime.ie Tel: 061 467 494 Text: 0862323946
Smoking Cessation	Smoking Cessation	Phone and Online Support You can contact or refer to the HSE "QUIT" team For further information go to www.quit.ie [online quit plan]	Phone: 065 6865841 or Free Phone: 1800 201 203 Email: quit.midwest@hse.ie Text: Free text QUIT to 50100 Tweet: @HSEQuitTeam Facebook Us: facebook.com/HSEQuit
Social and Community Supports	Active Retirement Ireland	Active Retirement Ireland will reach out to all older people to stop loneliness through friendship and support. Please visit their website for the list of local groups in your area	Website: https://activeirl.ie/ Phone: 01 873 38 36

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Category	Service	What is involved?	How to access?
Social and Community Supports	Age and Opportunity Changing gears programme - Private provider, Costs Associated	<p>A 6-week course about Building Resilience - taking stock, making changes, bouncing back & moving on.</p> <p>It is relevant for people who are moving from working life into retirement.</p> <p>It is also useful for taking a mid-career review.</p> <p>It is about taking time out to think about what you can do with the next phase of life and how to make a start.</p> <p>Build more resilience so that you can succeed whatever life throws at you.</p> <p>Changing Gears is a helpful and fun course, with no previous experience necessary except life experience.</p> <ul style="list-style-type: none"> -Find out more about yourself and your skills -Take stock of what's out there for you -Find out how some people bounce back from tough times -Learn from other people's experiences 	<p>www.ageandopportunity.ie</p> <p>For information contact Fiona Holohan, Engage Team, Age & Opportunity, Marino Institute of Education, Griffith Avenue, Dublin 9 Tel: 01 805 77 98 Email: engage@ageandopportunity.ie</p> <p>https://ageandopportunity.ie/engage/changing-gears/#:~:text=Changing%20Gears%20aims%20to%20support,readjustment%20to%20the%20new%20situation.</p>

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Category	Service	What is involved?	How to access?
Social and Community Supports	Community Impact Network	<p>Community Impact Network (CIN) is a national support network for befriending services across Ireland led by ALONE. We provide resources and training to new and well established befriending and support services. Training options are available to both the staff of services and their volunteers. BNI was established by a number of befriending organisations in Ireland in 2015. The network was set up to increase collaboration amongst befriending services and to enable the sharing of information and resources. Today, more than 60 befriending organisations from across Ireland are members of CIN. Community Impact Network provides support and guidance to new and already-established befriending services in various ways:</p> <ul style="list-style-type: none"> • Coordinator Training covering the setting-up and management of a befriending service • Core Volunteer Befriending Training for services who would like their volunteers trained. • Peer-to-peer shared learning opportunities in person and online to ensure rural access. • Support and Case Management training • Service Set-up Basics training. 	<p>For further information on Befriending services in your area go to https://alone.ie/community-impact-network/</p> <p>For more information contact National Support Line:- Phone: 0818 222 024 Email: hello@alone.ie</p>

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Category	Service	What is involved?	How to access?
Social and Community Supports	Sliver Arch Family Resource Centre, Nenagh	Sliver Arch family resource Centre is available to help individuals - whether you need information, personalised support, want to learn a new skill or join an activity group. Silver Arch Family Resource Centre provides information, activities and personalised support to individuals and communities, helping them to cope better, learn new skills or simply make new friends.	Contact Sliver Arch Family resource centre on: Address: 52 Silver St, Nenagh, Co Tipperary, Eircode E45 P624 Phone:067-31800 E-Mail info@silverarch.ie website: www.silverarchfrc.ie
Social and Community Supports	Family Resource Centres	The aim of the FRC programme is to combat disadvantage and improve the functioning of the family unit. Each FRC operates autonomously working inclusively with individuals, families, communities, and both statutory and non-statutory agencies.	https://www.tusla.ie/services/family-community-support/family-resource-centres/
Social and Community Supports	Citizens Information	Citizens Information provides free impartial information, advice information and advocacy on a range of issues including income supports, employment rights, social welfare, family matters, health services, housing, education and many other topics.	Citizen's Information Centres Phone: 0818 07 4000 Monday to Friday 9am-8pm www.citizensinformation.ie

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Category	Service	What is involved?	How to access?
Social and Community Supports	National Adult Literacy Agency Website	Help with reading, writing, maths or technology.	Free phone 1800 20 20 65. Text 'Learn' to 50050. http://www.takethefirststep.ie/
Social and Community Supports	National Adult Literacy agency	Information on health literacy.	Website: www.nala.ie Phone Number: 1800 20 20 65
Social and Community Supports	Seniors Alert Scheme	<p>The Seniors Alert Scheme (SAS) has been established to encourage community support for vulnerable older people in our communities. It provides funding for a personal monitored alarm, connected to a contact centre to enable older persons of 65 or older and of limited means, to continue to live securely in their homes with confidence, independence and peace of mind.</p> <p>The Scheme is funded by the Department of Rural and Community Development via Pobal with equipment made available through community, voluntary and not-for-profit organisations registered with Pobal under the SAS.</p>	<p>Website: https://www.pobal.ie/programmes/seniors-alert-scheme-sas/</p> <p>Tel: (01) 511 7222 Email. onlinesupport@pobal.ie</p> <p>To find out more about the scheme you can contact your local registered organisation. A list of organisations is available in the resources section of the website. https://www.pobal.ie/app/uploads/2018/06/List-of-Registered-SAS-Organisations-18.10.21.pdf</p>

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Category	Service	What is involved?	How to access?
Social and Community Supports	Men's Sheds	Community-based, non-commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men.	Contact details for men's sheds can be found at: www.menssheds.ie/shed-directory/
Social and Community Supports	Rural Transport Options	local link provides door to door and scheduled bus services in towns, villages and rural areas	www.locallink.ie
Social and Community Supports	Advocacy Service	The National Advocacy Service (NAS) works with people aged 18 years or older with disabilities	https://advocacy.ie/ Ph: 0818 07 3000 info@advocacy.ie Mon-Fri 10am-4pm
Social and Community Supports	SAGE Advocacy	Sage Advocacy is a support and advocacy service for vulnerable adults, older people and healthcare patients.	For further information Ph: 01 536 7330 Email info@sageadvocacy.ie Mon-Fri 9am-6pm www.thirdageireland.ie/sage https://www.sageadvocacy.ie/

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Category	Service	What is involved?	How to access?
Social and Community Supports	Education and Training Boards	Education and Training Boards Ireland promote the development of education, training and youth work in Ireland.	Please visit the website for further information on: https://www.etbi.ie/etbs/
Social and Community Supports	EmployAbility Service North Tipperary	EmployAbility is a supported employment service for people with an injury, illness or disability supporting them to secure and maintain employment throughout North Tipperary. Our objective is to help you find and sustain suitable employment.	For more information please contact: EmployAbility Service North Tipperary, Friars Court, Nenagh, Co. Tipperary. Tel 067 37896/37897 employabilitynorthtipp@gmail.com Website: http://www.employabilitynorthtipp.ie/
Social and Community Supports	Healthy Ireland at your Library	Health information, books on health & wellbeing, online health information and talks, discussion and workshops relating to various health & wellbeing topics available at your local library.	www.librariesireland.ie/services/healthy-ireland-at-your-library
Other Supports	Directory of Services for Older People - Tipperary Age Friendly	Tipperary Age Friendly Information guide to services for older people in County Tipperary. Directory of activities and services available for older people.	http://www.tipperaryllibraries.ie/Documents/TIPPERARY%20INFORMATION%20GUIDE%20011117.pdf

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Category	Service	What is involved?	How to access?
Social and Community Supports	Volunteer Ireland	Volunteer Ireland is the national volunteer development organisation and a support body for all local Volunteer Centres in Ireland. We believe that people can fulfil their potential through volunteering and that volunteering contributes to healthier and more resilient communities. We work to support, promote and celebrate volunteering. Please visit their website for more information and opportunities to volunteer in your local area.	Volunteer Ireland 18 Eustace Street, Temple Bar, Dublin. D02 WR53 Telephone: (+353 1) 636 9446 General queries: info@volunteer.ie Website: https://www.volunteer.ie/ Link to find your local volunteer centre: https://www.volunteer.ie/about-us/vcs/
Social and Community Supports	Age Friendly Ireland	Successful Age Friendly City and County Programmes aim to create the kinds of communities in which older people live autonomous and valued lives. They do this by undertaking focused activities which aim to fulfil ambitious goal related to each of the Age Friendly themes (Outdoor Spaces and Buildings, Housing, Social Participation, Transportation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community Support and Health Services).	Please visit the Website for further Information and how you can get involved: https://agefriendlyireland.ie/category/about-us/about-the-programme/

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Category	Service	What is involved?	How to access?
Social and Community Supports	Chime	<p>Chime, the National Charity for Deafness and Hearing Loss offers support, services and advocacy to anyone affected by hearing loss.</p> <p><u>Outreach clinics</u> provide Free and confidential support service on all aspects of deafness and hearing loss in children and adults</p> <p><u>Available Resources:</u> Advice & information on hearing loss Assistive Technology for those with a Hearing Loss Hearing aid care & Maintenance Minor Hearing Aid Repairs Hearing Aid batteries (€2 per card)</p> <p><u>Clinics:</u> Nenagh Outreach Clinic – Tyone Health Centre, Nenagh, 1st Wednesday of every month from 10am-4pm. By appointment only. Contact us on 061-467494 to make an appointment.</p> <p>Thurles Outreach Clinic – St. Mary’s Health Centre, Thurles, 2nd Wednesday of every month from 10am-1pm. By appointment only. Contact us on 061-467494 to make an appointment.</p>	<p>Call the Information Line on 1800 256 257 or Email: rejoin@chime.ie for any queries related to hearing loss, or call in to any Chime centre around the country.</p> <p>Further details at: www.chime.ie</p>

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Category	Service	What is involved?	How to access?
Social Inclusion	Social Inclusion Website	Poverty and social exclusion have a direct impact on the health and wellbeing of the population. Social inclusion aims to improve access to mainstream and targeted health services for people from disadvantaged groups and reduces inequalities. They also aim to enhance the equal participation of socially excluded groups in communities in health services. This website includes useful services including a translation hub.	Website: www.hse.ie/eng/about/who/primarycare/socialinclusion/
Social Inclusion	The Traveller Health Unit (THU)	The Traveller Health Unit (THU) for the Mid West Community Healthcare aims to improve the health status of Travellers by: <ul style="list-style-type: none"> • Promoting healthy lifestyles in the Traveller community; • Working for change on the social determinants for Traveller health status such as accommodation, education, employment and discrimination; • Supporting the development of cultural competence among health service providers. 	For more information on the THU please contact: The Traveller Health Unit, PO Box 486, Corporate House, Mungret St, Limerick. Phone: 061-469144

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Category	Service	What is involved?	How to access?
Other Supports	The Healthy Ireland Campaigns	The Healthy Ireland 2019 campaign aims to help you get the information you need to make positive changes to improve your physical and mental health. Through Healthy Ireland, we are growing awareness in every county to make it easier for you to know where you can make that healthy start in your own community so you can eat better, exercise more and feel better. If you want to get started, check out websites listed for more information.	https://www.gov.ie/en/campaigns/healthy-ireland/ https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/

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Category	Service	What is involved?	How to access?
Other Supports	Safeguarding and Protection Team	<p>The HSE recognises that there are a number of adults who may be described as being “at risk of abuse”. The definition of an adult “at risk of abuse” is aged 18 years or over, who is:</p> <ul style="list-style-type: none"> •At risk of experiencing abuse, neglect, or exploitation by a third party and •Lacks mental or physical capacity to protect themselves from harm at this time in their lives. <p>Abuse can happen in many different contexts or settings e.g. Familial Abuse, Professional Abuse, Stranger Abuse, Abuse between Peer Service Users, Domestic Abuse.</p> <p>Safeguarding adults is about protecting those at risk of harm from suffering abuse or neglect. Abuse can happen anywhere. It can happen at home, in a residential or nursing home, in a hospital, at work or in the street. All vulnerable people have a right to be protected against abuse and to have any concerns regarding abusive experiences addressed. They have a right to be treated with respect and to feel safe, regardless of the setting in which they live. If anyone</p>	<p>Safeguarding and Protection Team Mid-west Community Healthcare</p> <p>For safeguarding queries, E-mail safeguarding.cho3@hse.ie or Phone: 067 46470 / 067 46428 (during office hours)</p> <ul style="list-style-type: none"> • North Tipperary / East Limerick: 067-46725 / 067-46752 • Limerick: 061-457123 / 061-457129 / 061-457112 • Clare: 065-6863869 <p>HSE Information line 1800 700 700 (Mon-Sat 8am - 8pm) More information on HSE website at: https://www.hse.ie/eng/about/who/socialcare/safeguardingvulnerableadults/</p>

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Other Supports	Safeguarding and Protection Team (contd.)	has a concern about abuse or neglect of a vulnerable person, they should report it to a health care professional (e.g. public health nurse, physiotherapist, GP etc.) or refer to the Safeguarding and Protection Team in their area.	<p>Safeguarding and Protection Team Mid-west Community Healthcare</p> <p>For safeguarding queries, E-mail safeguarding.cho3@hse.ie or Phone: 067 46470 / 067 46428 (during office hours)</p> <ul style="list-style-type: none"> • North Tipperary / East Limerick: 067-46725 / 067-46752 • Limerick: 061-457123 / 061-457129 / 061-457112 • Clare: 065-6863869 <p>HSE Information line 1800 700 700 (Mon-Sat 8am - 8pm) More information on HSE website at: https://www.hse.ie/eng/about/who/socialcare/safeguardingvulnerableadults/</p>


Self-Management Support Co-ordinators	The role of a Self-Management Support Coordinator is to support the awareness and development of services which increase the ability and confidence of people with long term health conditions to manage their health and to live well. A directory of services and programmes such as this is being created in each Community Health organisation and can be found at https://www.hse.ie/eng/health/hl/selfmanagement		
Self-Management Support Coordinators	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan	Maeve.McKeon@hse.ie
	Ailish Houlihan	Community Healthcare West	Ailish.Houlihan@hse.ie
	Ruth Reidy	Mid West Community Healthcare	Ruth.Reidy@hse.ie
	Maeve Carmody	Cork & Kerry Community Healthcare	Maeveh.Carmody@hse.ie
	Vacant	South East Community Healthcare	selfmanagementsupportSECH@hse.ie
	Mary Gowing	Community Healthcare East	Mary.Gowing@hse.ie
	Vacant	Dublin South and Kildare/West Wicklow	
	Ger Walsh	Midlands Louth Meath CHO	GerA.Walsh@hse.ie
	Caroline Peppard	Dublin North City and County	Caroline.Peppard@hse.ie

Health & Wellbeing Mid West Community Healthcare

HSE Mid West Community Healthcare
Pearse House, Pearse Rd, Raheen Business Park
Limerick, V94 1R71



ruth.reidy@hse.ie

 061 461402



The online resource is
available at: [www.hse.ie/
selfmanagementsupport](http://www.hse.ie/selfmanagementsupport)

DISCLAIMER:

Mid West Community Healthcare does not endorse or guarantee the programmes, services or information described, offered or provided by any of the service providers, agencies or organisations listed.

The material contained in this directory is provided to Health Care Professionals for general information purposes only and does not replace or constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory, bearing in mind it may not be an exhaustive list of services. Decisions with respect to signposting or referring your service-users to specific programmes or services are a matter for individual choice.



Self-management
Support

