



FAMILY CAREGIVER SUPPORT PROGRAM

CARING FOR OUR CAREGIVERS IN 2019



In recognition of the vital role family caregivers play in the lives of people living with MND, the Irish Motor Neurone Disease Association has now implemented a range of funding initiatives to help support its caregivers. These wonderful funds have been made available thanks to the success of Drink Tea for MND which raised over €202k in 2018. The IMNDA would like to say a massive thank you to everyone who hosted or supported a Drink Tea for MND event – this is the impact of fundraised money and we are thrilled we are now able to support our caregivers in 2019 in a number of very special ways.

New caregiver initiatives for 2019 include:

- Caregiver Respite Grant (Day and Night options)
- Caregiver Counselling Grant (including Bereavement Counselling)
- Caregiver Holistic Therapy Grant
- Caregiver Household Grant (to cover additional household support such as cleaning)
- Caregiver Transport Grant

*** please note funding is limited and applies to 2019 only***



CAREGIVER RESPITE GRANT

Caring for a loved one who is unwell is very rewarding - but it is also tiring and there will be times when you will need a break to look after your own health and well-being. Recognising this, and taking your feedback on board, we have now introduced the following:

Caregiver Day Respite

The IMNDA will fund a home care agency carer to look after your loved one for a **4-hour block of respite (e.g. 2pm – 6pm) one day a week for 6 consecutive weeks.**

Caregiver Night Respite

The IMNDA will fund a home care agency carer for **2 nights of your choice within a 3-month period.** Normal night hours apply (10pm – 8am) however the IMNDA may be able to extend the start/finish time subject to Home Care Agency availability.

CAREGIVER COUNSELLING GRANT

Additional Counselling

The IMNDA will fund additional counselling sessions for the primary caregiver. Sessions will be allocated in **blocks of 6 sessions per caregiver** pending availability of funding.

Bereavement Counselling

The IMNDA will also fund bereavement counselling **for two family members**, one to include the primary caregiver. Again, these will be **allocated in blocks of 6 sessions.**

CAREGIVER HOLISTIC THERAPY GRANT

It is really important that you, as a caregiver, take some time out for yourself – even if it is only for an hour or two once a week.

Holistic therapies such as reiki, acupuncture, reflexology and massage etc, will enable you to unwind and have some much needed 'me time'.

The IMNDA will fund **3 sessions of your choice** with a registered professional.



CAREGIVER ASSISTANCE FUND

Many caregivers noted that they found it incredibly difficult to keep up with everyday household duties such as laundry, ironing and cleaning etc

Household Grant

The IMNDA will fund a Cleaning Agency for a **3-hour block of time, one day a week, for 8 consecutive weeks** (e.g. 10am-1pm every Monday for 8 weeks).

Transport Grant

The IMNDA will provide financial assistance to families who have difficulty in meeting the cost of travelling to medical appointments. This grant will cover both the cost of transport and the cost of a carer if needed through a Home Care Agency. **T&C's apply.*



For more information on our Family Caregiver Support Program please contact our Information and Support Officer, Johanna McDonagh on **01 871 7800** or email **services@imnda.ie** and put Family Caregiver Support Program in the subject line.

Please note all of the above grants are only available in 2019 as funds are limited.

Useful Resources

Family Carers Ireland: www.familycarers.ie/find-us/

Carers online support: www.turn2me.org

Young carers support: www.youngcarers.ie



IMNDA
Coleraine House
Coleraine St
Dublin 7

Telephone: 01 873 0422
Helpline: 1800 403 403
Email: info@imnda.ie
Web: www.imnda.ie



www.facebook.com/irishmnd2011



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