



Irish Heart Foundation's services for carers of people affected by stroke January to June 2020.

Most carers of stroke survivors never expected to find themselves in this role, but take it on selflessly. Caring for someone affected by stroke is a huge undertaking physically, mentally and emotionally. As a carer it is important to try and look after your own mental and physical health.

The Irish Heart Foundation (IHF) has a range of supports and services for carers, which are all free of charge. Email carers@irishheart.ie or phone 01 6685001 for more information.

Counselling

Up to six, one-hour sessions with a registered counsellor in your area. Professional counselling is an opportunity to share your worries and frustrations confidentially, get advice and learn about practical tools to help you cope as a carer.

Membership of our private Facebook page for carers

This is a private forum for carers to share their experiences and support each other. Find us on Facebook or via www.irishheart.ie

Carers' booklet

We have developed a booklet which is full of practical advice to help you stay healthy, tips for looking after your loved one affected by stroke and information on other helpful resources for carers.

One-day training courses in CPR and Patient Moving and Lifting.

Did you know that most cardiac arrested happen in the home (70%). Knowing how to perform CPR and what to do in such an emergency is a life skill that the IHF believes everyone should have.

Knowing how to safely lift someone with a disability or help them move between positions is essential training which may protect your physical health and ease the strain on your loved one as they move.

Contact:

Email carers@irisheart.ie or phone Pauline Fitzgerald or Tracy Egan on 01 6685001 to order your free carers' booklet, arrange counselling or a training course, or for more information.

These services are available until June 2020 and are possible due to a grant from the Dormant Accounts Fund.

Services will be provided on a "first come, first served" basis within the limits of available funding.

Irish Heart Foundation

The Irish Heart Foundation is Ireland's national charity fighting heart disease and stroke through advocacy, research, prevention and care. For more information, visit www.irisheart.ie

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Charity Regulator Number: 200008376

Charity Registration Number: CHY 5507

Published December 2019

