

Anam Cara Housing with Care Brochure



What is Anam Cara Housing with Care?

Anam Cara is a partnership initiative between Housing Health and Care Providers and enables older people to have choice and independence. It recognises the fact that not every older person requires nursing care when they can no longer remain in their own homes. As such Housing-with-Care provides an effective alternative to traditional residential and/or nursing home provision.

Anam Cara is the second Housing-with-Care scheme to be developed by Fold Housing in Dublin. Anam Cara provides a specifically designed and purpose built living environment for older people particularly those diagnosed with dementia. It is an environment that optimises the older persons potential by assisting them to maintain their independence, offering dignity and privacy in doing so.



Anam Cara combines good quality housing with responsive, flexible house keeping and personal care services. Anam Cara incorporates Assistive technology within the building to assist the care planning process, ensuring that a person centred approach is taken to the delivery of the care and support services which will be provided by experienced care staff. At Anam Cara, Fold Housing is working in association with Health Service Executive, Dublin North West and Dublin City Council.



Our Housing-with-Care schemes for older people and those with dementia provide a relaxing and friendly atmosphere where the residents can feel secure and cared for. These schemes provide tailored care and support to residents, whilst promoting a healthy lifestyle through social activities, exercise and other activities agreed with the residents. Residents are encouraged, where possible, to remain in control of their affairs, maintaining their independence for as long as possible.



For those with dementia we aim to prolong our residents' cognitive and mental skills through a range of daily activities, which enable them to exercise their minds and bodies. This not only engages them but also provides an ideal opportunity for each resident to socialise. FOLD Housing understands that it is not only the person with dementia that is affected by this condition; it's their family, friends and carers as well. We offer support as needed while the resident progresses through the dementia condition. FOLD Housing works in association with The Health Service Executive. HSE undertakes unannounced, periodic, inspections at both Housing-with-Care Schemes.



Fold Housing currently has two Housing-with-Care Schemes in Dublin: Anam Cara is situated in Hartstown, Clonsilla, Dublin 15 and Anam Cara is in Glasnevin, Dublin 11. Each Scheme provides 56 units of accommodation; ground floor dwellings in each location provide a secure environment for those with dementia. Residents have their own flatlet. This is their own home, where each is encouraged to bring personal belongings to make it a home-from-home. Each flatlet has built-in wardrobes, en-suite and kitchenette, but is otherwise unfurnished. Both schemes have communal areas where residents can socialise and take part in group activities. Our Schemes have garden and/or patio areas for the residents to enjoy, which are secure, well maintained and sensory in nature.

Philosophy of Care and Support

Our approach is to give residents the opportunity to enhance their quality of life. In providing Housing-with-Care Services our core principles include:

- Creating a warm supportive and homely atmosphere for each resident.
- Recognizing and responding to residents' needs on an individual basis.
- Promoting assisted independence and to encouraging residents to have a positive attitude.
- Encouraging group and social activities in order to create a sense of community.
- To encourage relatives to play an active part in caring for and supporting residents.
- To encourage good community relationships



The overall aim is to provide a continuum of care and support whilst promoting independent living. Anam Cara seeks to create an atmosphere of peace and calm where residents can enjoy living, continuing to use their life skills to maximise their individual potential.

Anam Cara, like Cherryfields Housing-with-Care in Hartstown has maximised the opportunities provided by multiple funding sources. This model is based on collaborative working arrangements with Dublin City Council and HSE and a joint approach to the care of older people.

In addition to the Housing-with-Care accommodation, Day Care Services are provided in association with Alzheimer's Society in a purpose built day care environment.

Design and Physical Environment

Anam Cara's innovative design incorporates many practical solutions to help alleviate some of the management issues associated with dementia care. The design has benefited from Fold Housing's first hand experience of delivering care to people with dementia both in a residential and community based settings. The aim of the scheme is to create a domestic, homely environment where scale, planning, lighting and spatial effect promotes a sense of comfort and visual stimulation.

Facilities

In Housing-with-Care, arrangements can be made for access to hairdressers, dentists, chiropodists and other professional services to come into the Scheme. Residents may of course chose to retain existing arrangements for such services.

Activities

Remaining active is the key to a long and health life. At FOLD Housing we embrace this, and Housing-with-Care provides a range of activities throughout the week. Residents are encouraged to bring their own ideas for activities and participate in developing the programme of events. From time to time day trips, shopping outings and evening social events may be arranged.



Health

The health of our residents is as important to us as it is to you. Where possible, residents will retain their own GP and other healthcare providers, or we will assist in arranging new providers where this is not possible. FOLD Housing will manage all aspects relating to medication if required, and can support residents to keep managing this themselves if that is an agreed choice.

Dining

FOLD Housing believes in providing a well balanced diet for residents using fresh and seasonal ingredients. When a resident moves in, we will discuss their dietary requirements, including any specially prescribed diet. The catering services are inspected by local Environmental Health Services ensuring full compliance with Safe Catering Guidelines and Food Hygiene requirements. Meals are generally served in communal dining rooms, allowing residents to meet and socialise in small groups. There are daily menu choices for each meal.

Referral and Eligibility for Housing-with-Care

Referrals will be accepted through:

Local Health Office, Dublin, Dublin North West,

Rathdown Road, Dublin 7.

Dublin City Council

Self or family referrals made at Anam Cara

To be eligible for inclusion to Dublin City Council's waiting list, applicants must have their last permanent address within the Dublin City Council Area.

Where a number of applicants may be accepted to the waiting list for Anam Cara without prior residency in the Council's area, most allocations will be made through Council nominations agreed with Health Service Executive in respect of care funding.

Housing with Care Costs and How to Apply

There is a weekly rent for the accommodation and charge for care services provided. These prices have been agreed with the HSE. The cost of Housing-with-Care is €110 for rent and €70 for care, making the total cost to the resident €180 a week, with the HSE paying an additional €635 towards their care.

Included in the charge are the residents meals, heating, electricity, laundry services and repairs to the property. Services that are not included within the weekly charge are those of a personal choice including: a telephone in your room, hairdressing, chiropody and prescription charges.

Residents will be responsible for the cost of the accommodation and the housing services, such as window cleaning, heating, light and cleaning of the dwelling. This is known as the rental charge and is not payable by HSE.

Advice on eligibility for Social Welfare Payments in respect of housing costs can be obtained from the Social Welfare Office, HSE. Where residents are accepted by Health Service Executive as eligible for funding to meet care costs, Health Service Executive will pay Fold Housing directly. Applicants who do not qualify for Health Service Executive Care Funding following financial assessment by HSE, will pay all the costs of accommodation and care from their own resources.

There are a number of ways to apply:

- Contact FOLD Housing directly on 01 8572362 or 01 8097134 and request an application form.
- Contact HSE, Services for Older People
- Contact Fingal County Council (Cherryfields) or Dublin City Council (Anam Cara)



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