

St. Vincent's Centre, St. Mary's Road,
Cork. Tel: 021 4391333

Services for adults with an intellectual
disability are provided by the SHB at
three centres:

St. Raphael's Centre, Youghal, Co.
Cork, Tel: 024 92422

Grove House, Gurrabraher, Cork,
Tel: 021 4303264

St. Finan's Hospital, Ballydribben,
Killarney, Co. Kerry, Tel: 064 31022.

*Further information on services is
available from Disability Services,
Southern Health Board, adj. to
Shopping Centre, Blackpool, Cork.
Tel: 021 4927114.*

PHYSICAL AND SENSORY DISABILITY

Services for people with physical or
sensory disability are provided by the
Southern Health Board or voluntary
agencies.

The services aim to enhance the
health and quality of life of people
availing of them.

*Further information can be obtained
from your local Community Services
office or Care Group Co-ordinator*

*(see inside page of pack). Contact
numbers are also available in the
telephone book under the Southern
Health Board's listing.*

Health Promotion Department

The Health Promotion department
provides comprehensive information,
education, training, advocacy and
support services in the promotion of
health.

A wide range of information leaflets
and other literature of interest to
Carers is available from the Health
Promotion department.

Please contact hpd@shb.ie or
Tel: 021 492 1641 for a complete list.
The Health Promotion department
also offers individually tailored sup-
port and help to those wishing to stop
smoking. This service is available free
of charge. Please contact your local
smoking resource officer to get fur-
ther information at the following tele-
phone numbers:

Cork City: 021 4921641

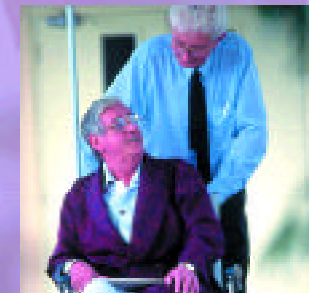
North Cork: 022 44910

West Cork: 028 40418

Kerry: 066 7184834



Southern Health Board services



Southern Health Board
Bord Sláinte An Deiscirt



© SOUTHERN HEALTH BOARD CARERS' DEVELOPMENT UNIT, COFFA House, 21 Church Street, Shandon, Cork.
Tel: 021 4212019. Fax: 021 4212013. E-mail: carers@shb.ie www.shb.ie
Customer Information Lo call: 1850 742 000

The following is an overview of the broad range of services provided by the Southern Health Board (SHB). Please contact the individual service, location or the Customer Information Line lo-call 1850 742 000 for further details.

Hospital Care

The Southern Health Board provides acute hospital services on an inpatient, outpatient, 5-day and day care basis, as appropriate, in the following locations:

- Cork University Hospital, Wilton, Cork. Tel: 021 4546400
- St. Finbarr's Hospital, Douglas Rd, Cork. Tel: 021 4966555
- Erinville Hospital, Western Rd, Cork. Tel: 021 4275211
- St. Mary's Orthopaedic Hospital, Gurrabraher, Cork. Tel: 021 4303264
- Mallow General Hospital, Mallow, Co. Cork. Tel: 022 21251
- Bantry General Hospital, Bantry. Tel: 027 50133
- Tralee General Hospital, Tralee. Tel: 066 7184000

- Two voluntary hospitals, Mercy University Hospital, Tel: 021 4271971 and South Infirmary/ Victoria Hospital, Tel: 021 4926100 also provide acute hospital services in Cork city.

Individuals can access acute hospital services as follows:

- Referral by general practitioner (GP) to, for example, Out-Patients Department and Accident & Emergency Department for emergency admission
- Self-referral to Accident and Emergency service only
- Referral from other hospitals
- Referral from consultants' private rooms.

There are also 19 community hospitals and 2 welfare homes in the Southern Health Board's region providing a wide range of services, primarily focusing on the needs of the older person.

Community Services

Community services aims to enable people in the community to live with dignity and independence in their own homes for as long as possible, with support services provided by the Southern Health Board. A wide range of services are delivered from five community services areas in the region. Many of these services may be useful to Carers including:

AURAL SERVICE (HEARING)

Eligible adults with hearing defects are referred by their GP to an Ear, Nose and Throat Clinic. They are then referred to a Hearing Aid Clinic, if hearing aids are required.

CHIROPODY/PODIATRY SERVICE

This service provides for foot health and awareness of foot problems. It is available to older people, people with disabilities and those who suffer from conditions such as diabetes and rheumatoid arthritis and those who have poor circulation.

COMMUNITY PHYSIOTHERAPY SERVICE

This service provides physiotherapy assessment, advice and/or treatment, outside of acute hospital or specialist clinic setting. Access to the service is primarily for medical card/long term illness cardholders or terminally ill clients. However exceptions are dealt with on an individual basis.

COMMUNITY WELFARE SERVICES

The community welfare service is designed to help relieve social distress and to prevent its recurrence by providing support and information in relation to personal social services. A range of means-tested allowances/schemes are available including basic supplementary welfare, rent, mortgage, diet, travel, heat supplements and exceptional needs

payments. The community welfare service also administers the Medical Card Scheme.

COMMUNITY WORK SERVICES

Community workers provide an advice and support service to groups and organisations in the voluntary sector that are interested in developing services which are similar or complementary to health services. They provide information on grant aid available from the Southern Health Board as well as information on National Lottery funding that is administered by the Southern Health Board. Community workers can provide very practical support to Carers to come together as a group.

OCCUPATIONAL THERAPY SERVICE

Occupational therapists provide services, within health care, rehabilitation and preventative programmes to people whose ability to cope with everyday activities is threatened or impaired by physical, psychological or developmental problems. The service is designed to help people achieve maximum independence in their daily activities of self-care, work leisure and play. The service is available to people with medical cards and long-term illness cards.

PUBLIC HEALTH NURSE SERVICES

Public health nurses provide assessment to all those who may require nursing care because of age or the

nature of their illness. The public health nurse supports Carers in their caring role. The public health nurse will carry out an assessment and will draw up a care plan in partnership with the client, Carer or family. Support of a registered general nurse, a home help or aids and appliances may be provided following assessment. Referrals may also be made for respite care, day care, meals on wheels and other local services.

SPEECH & LANGUAGE THERAPY SERVICE

The speech and language therapist assesses, diagnoses and manages clients who present with communication difficulties.

Your local community welfare officer or public health nurse will be able to assist you in relation to many of these services. They can be contacted at the local health centre, details of which are available in the telephone book under Health Board Services, Southern Health Board Community Services.

Community services are provided through five Community Services areas throughout Cork and Kerry as follows:

North Lee Community Services,
Abbey Court House, Tel: 021 4965511

South Lee Community Services,
Abbey Court House, Tel: 021 4965511

North Cork Community Services,
Gouldshill House, Mallow,
Tel: 022 30200

West Cork Community Services,
Coolnagarrane, Skibbereen,
Tel: 028 40400

Kerry Community Services,
18-20 Denny St., Tralee,
Tel: 066 7121566

Alternatively, this information can be provided through the Board's Customer Information Line:
Lo-call: 1850 742 000.

Carers' Development Unit

Carers Development Unit offers support to family Carers in the Southern Health Board region in the form of information, knowledge, practical skills, personal development and group work. A range of supports are provided including, The Carer's Voice newsletter, Carers Breaks, training courses and workshops, links to voluntary and statutory supports, funding for voluntary groups and links to support groups. Tel: 021 4212019
E-mail: carers@shb.ie

SHB Health & Welfare Services Allowances/ Schemes:

BLIND WELFARE ALLOWANCE

This allowance is subject to a means test and is payable monthly to persons who are certified and registered as blind.

DOMICILIARY CARE ALLOWANCE

This is a monthly allowance paid to parents/guardians of children between 0-16 who have a physical or mental disability so severe that they require care or supervision.

DRUGS PAYMENT SCHEME

Under the Drug Payment Scheme an individual or family pays only the first €78* per month of the cost of prescribed medicines approved for this purpose. (*Figure correct at time of publication).

HOUSING AID FOR THE ELDERLY SCHEME

This is a means tested scheme which aims to carry out minor works which are considered to be urgently necessary to improve the living conditions of elderly people living alone in unfit or unsanitary conditions.

LONG-TERM ILLNESS SCHEME

Individuals suffering from certain long-term illnesses will be provided free of charge with drugs/medicines and surgical appliances that are prescribed specifically for the treat-

ment of that illness.

MEDICAL CARD (GENERAL MEDICAL SERVICE SCHEME)

The purpose of this scheme is to provide eligible persons who are unable, without undue hardship, to arrange GP medical and surgical services for themselves and their dependants. Persons ordinarily resident in the State aged 70 years and over are automatically entitled to a medical card irrespective of means.

MOBILITY ALLOWANCE

This allowance is payable to certain people with severe disabilities.

MOTORISED TRANSPORT GRANT

This grant is payable to people with severe disabilities to assist them with the cost of the purchase or adaptation of a car.

NURSING HOME SUBVENTION

This is a payment made in certain circumstances towards the cost of private nursing home care for dependant persons. The actual rate of subvention paid will depend on the degree of nursing care required and the means of the individual. Assessment is made on an individual basis.

SUPPLEMENTARY WELFARE ALLOWANCE SCHEME:

Eligible persons may be entitled to assistance under the Supplementary Welfare Allowance Scheme. Basic

payments are paid to persons with reduced or nil income pending award of a primary payment or to those ineligible for any other payment.

Supplements are available as follows:

Rent/Mortgage Supplements: Eligible persons may be entitled to assistance towards the cost of rent/mortgage

Travel Supplements: Assistance may be given towards essential costs e.g. hospital visits that cannot be met out of weekly income

Diet Supplements: Assistance may be provided towards the cost of a diet prescribed for medical reasons to a person or his/her adult or child dependants provided he/she satisfies certain conditions

Other Supplements: Assistance may be provided towards other ongoing essential needs causing undue hardship e.g. heat etc.

Exceptional Needs Payment: Assistance may be provided towards essential once off payments e.g. essential furniture, household appliances or rental deposits.

Mental Health

The aim of the Southern Health Board's Mental Health Service is to meet the specific needs of persons suffering from a mental illness in an appropriate and high-quality care setting, and to provide them with the opportunity to maximise their potential in personal, social and economic terms.

A comprehensive service is provided within the Mental Health Services including:

- Acute psychiatric care
- Community based residences (hostels and houses) with high, medium and low support
- Long stay residential care/ continuing care
- Out-patient clinics, medical, nursing, psychological, social work services
- Community services, day care centres/mental health centres, day hospitals
- Services for the mentally infirm, dementia services and alzheimer's sufferers
- Training Centres providing training in catering, carpentry, woodwork, horticulture, literacy/numeracy, computer skills and sheltered workshops
- Occupational therapy.

Services are provided through five catchment areas, as follows:

North Lee: St. Michael's Unit, Mercy Hospital, Cork. Tel: 021 4271971

South Lee: G.F. Unit, Cork University Hospital, Wilton, Cork.

Tel: 021 4546400

North Cork: St. Stephen's Hospital, Glanmire, Cork. Tel: 021 4821411

West Cork: Psychiatric Unit, Bantry General Hospital. Tel: 027 52970

Kerry: Acute Unit, Tralee General Hospital, Tralee, Co. Kerry.

Tel: 066 7184802.

For further information see *SHB Information Guide to Adult Mental Health Services in Cork/Kerry*. Copies are available through your local Mental Health Services office and under the Health Board's website under publications section on www.shb.ie

Disability Services

Disability Services are divided into two elements: intellectual and physical/sensory disabilities.

INTELLECTUAL DISABILITY

Intellectual disability services aim to provide health and personal social services for people with an intellectual disability to enhance their health and quality of life and to develop the person with an intellectual disability to the maximum of his/her potential.

Services provided include day care, residential care, respite, home support and specialist support services including training, activation and social skills programmes.

The Southern Health Board works closely with voluntary agencies who provide services to people with an intellectual disability in the region. These agencies are:

Brothers of Charity Services, Lota, Glanmire, Co. Cork
Tel: 021 4821012

COPE Foundation, Bonnington, Montenotte, Cork. Tel: 021 4507131
Kerry Parents & Friends Association, The Old Monastery, Port Road, Killarney, Co. Kerry. Tel: 064 32742
St. Patrick's Centre, Upton, Co. Cork.
Tel: 021 4775202

St. Mary of the Angels, Beaufort, Killarney, Co. Kerry. Tel: 064 44133
Charleville & District Association for the Handicapped, Bakers Road, Charleville, Co. Cork.

Tel: 063 89252
Co-Action West Cork, Slip, Bantry, Co. Cork. Tel: 027 50114

L'Arche Community, Le Cheille, Togher, Cork. Tel: 021 4318880
St. John of God Services, Enterprises, Monavalley, Tralee, Co. Kerry. Tel: 066 7124856
Cork Association for Autism, 61 Oliver Plunkett Street, Cork.
Tel: 021 4271808

