

The Alzheimer Care Centre



PART OF HIGHFIELD HOSPITAL GROUP



Caring

The opening of our purpose built Alzheimer Care Centre in 1991 – was the first of its kind in the country – and is a milestone in recognising the special needs of Alzheimer patients, their families and others with related disorders.

Here, in a completely non-institutional setting, we care for the confused but mobile patient. Medication is used minimally, as the environment itself calms agitation and helps to clear confusion. Harsh colours or sounds, which can cause sensory overload, are avoided; light, space and the inner garden give patients a sense of freedom and encourage constant movement. This approach, together with involvement in our varied Activities Therapy programme, tires the patient naturally, without the need for sedatives.

In addition to caring for our patients, we care equally about the needs of families and friends who are the other victims of Alzheimer's Disease. We formed our Support Group so they might share their feelings and experiences and so help each other to cope with this devastating disease.

Each person who works in the Care Centre – from our dedicated medical and nursing team, to our attentive, supportive staff – is constantly striving to offer help and support to the many people whose lives are irreversibly changed by Alzheimer's Disease.

First Steps

INFORMATION:

Information & advice sheets on Alzheimer's Disease are available on request.

ASSESSMENT:

Our Development Officer will assess the patients mental, physical and social skills. Immediate and future care options will then be discussed with our Consultant Psychiatrists.

We believe an essential part of our care programme is the provision of information, patient assessment and on-going support to carers and families of those with Alzheimer's Disease and related disorders.

FAMILY SUPPORT GROUP:

Family and friends are encouraged to share experiences and professional advice is available.

Consultant Psychiatrist and Activities Therapist are the group facilitators.

Group meets one evening a month in our Care Centre. Even if you do not have someone in our Hospitals, you are welcome to come along to our meetings.



A Range of Care Options

We understand the difficulties – and heartache – involved in deciding to seek care outside the home for a loved one. Our approach is to help carers and families reach a decision most suited to their personal circumstances.



DAY CARE

- If you are employed outside the home, or simply need some personal time, Day Care can be a satisfactory option
- Hours are 8.30 a.m. – 6.30 p.m. but we can meet individual needs
- Any combination of days is possible
- Activities programme
- Breakfast, lunch and evening meal included, plus morning & afternoon tea
- Consultant Psychiatrist visits daily
- Nursing assistance with personal hygiene
- Hairdressing and chiropody services regularly
- Pastoral care

HOLIDAY/WEEKEND CARE

Annual holidays or unexpected events can often present a near crisis situation and we can step in on an urgent basis, if needed.

LONG TERM CARE

When families can no longer cope at home and if the patient is still mobile, the Care Centre can take over on a long term basis.

If patients are immobile and require intensive nursing care, this is provided in Highfield Hospital, Hampstead Hospital and the High Dependency Unit.



Enjoying Activities

We provide a daily Activities Therapy programme, which stimulates memory recall and encourages involvement with others. This maximises the patient's quality of life and ensures that dignity is maintained throughout the illness.

- Activities Therapist in-house
- Mass, hymns & readings regularly in the Care Centre private chapel
- Sonas Programme (activating communication in confused people through eye-contact, hand-shaking, massage, touch and smell)
- Gentle keep-fit exercises to music
- Reminiscence therapy
- Dancing, singalongs & visiting musical groups
- Crosswords & board games



Designed for Care

We designed our Care Centre specifically to allow total freedom of movement throughout – including a central interior garden. Soft colours and gentle background music add to the calming effect, which reduces agitation and minimises the need for medication.

- Single story building in the grounds of Highfield Hospital, protected and enhanced by mature trees and landscaped gardens
- Built around a central courtyard with flowering shrubs, garden seats and a restful fountain
- 32 private rooms, doors colour-coded to encourage recognition
- Spacious, bright corridors form a continuous walk area
- Four different sitting areas, located at each corner of the unit have picture windows onto garden views
- Private chapel
- Hairdressing salon



The Alzheimer Care Centre



WHERE TO FIND US:

Set in the grounds of Highfield Hospital, which is on the Swords Road, Whitehall, beside the Regency Hotel. Residents, relatives and friends will appreciate the easy access offered by being approximately 2 miles from Dublin city centre and its proximity to the M50 motorway, the East Link Bridge and the Dublin Port Tunnel. The 3, 16, 33 & 41 bus services pass by the entrance.

Proprietors

Michael and Dr. Denis Eustace

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