Winter Preparedness Signposting

HSE Resources

HSE Health App

The HSE Health App is a secure way to:

- **access HSE information**
- **find Health Services**
- **keep and find personal health information**

Visit **www2.hse.ie/health-app/** for more information on the App

Health Promotion

For health information leaflets on Alcohol, Healthy Eating, Physical Activity or Quitting Smoking visit **www.healthpromotion.ie**

My Medicines List

My Medicines List is a form that lists all the medicines and supplements patients are prescribed. The My Medicines List can be print from **www.hse.ie/safermeds** or patients ask for a copy at their local pharmacy.

Home Support Service for Older People

Aims to support older people to remain in their own homes for as long as possible and to support informal carers. For more information on how to apply, scan the QR code or go to the following website:
https://www.hse.ie/eng/home-support-services/apply-for-home-supports-services/applying-for-home-support-services.html

Fair Deal Scheme

The Fair Deal Scheme is a government-funded nursing home support programme where individuals contribute a means-tested, fixed amount toward long-term care costs, and the HSE pays the remaining balance. To find more information on applying, scan the QR code or visit the website by following this link:
https://www2.hse.ie/services/schemes-allowances/fair-deal-scheme/about/

Local Services & Supports

To find details of all the Older People Services provided where you live, please scan the QR code or visit the website at the following:
https://www.hse.ie/eng/services/list/4/older people/mao-older.html

Advocacy

Safeguarding Ireland

Safeguarding Ireland promotes safeguarding of adults who may be vulnerable to protect them from all forms of abuse by persons, organisations and institutions
Email: info@safeguardingireland.org
Visit: www.safeguardingireland.org

Sage Advocacy

Sage Advocacy is the National Advocacy Service for Older people. It works to ensure that people have easy access to information, support, independent advocacy and safeguarding services in all settings.
Phone: 01 536 7330
Email: info@sageadvocacy.ie
Visit: www.sageadvocacy.ie

Decision Support Service

The Decision Support Service provide a service for people who need support to make certain decisions (such as where you live, medical treatment options etc.). This includes people who would like to plan ahead for the future.
Phone: 01 211 9750
Email: queries@decisionsupportservice.ie
Visit: www.decisionsupportservice.ie

Community Supports

ALONE

ALONE is a National Organisation that enables older people to age at home and also provides:

- **Telephone Support & Befriending Services**
- **Assistive Technology**
- **Social Prescription**
- **Support Coordination**

Referrals to ALONE can be made through an online referral form available at **www.alone.ie/make-a-referral** or through the **National Support and Referral Line: 0818 222 024**

Alzheimer's Society of Ireland

The ASI works across the country in the heart of local communities, providing dementia-specific services and supports and advocating for the rights and needs of all people living with dementia and their carers.
National Helpline Service: 1800 341 341
(Open 6 days a week)

Adapted from HSE SW Region MECC Signposting Resource for Older People, developed in partnerships between Clinical Development Older Persons Services and the Health Promotion and Improvement Department.

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Community Supports (*Continued*)

COPD Support Ireland

COPD Support Ireland is the national charity supporting people living with COPD and their carers, uniting local support groups across Ireland to provide advocacy and assistance.

General Enquiries: 01 539 2181
Email: info@copd.ie

Family Carers Ireland

Family Carers Ireland benefit the community by supporting the health and wellbeing of family carers and those for whom they care.

National Careline Service: 1800 240 724
(Mon – Thurs: 9am to 5:30pm)
(Fri: 9am to 5pm)

Age Friendly Homes

The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence for as long as possible.

Phone: 046 924 8899
Email: healthyagefriendlyhomes@meathcoco.ie
Visit: www.agefriendlyhomes.ie

Asthma Society of Ireland

The national representative body for people with asthma strives to be the authentic voice of the 450,000 people with asthma in Ireland, representing their views and interests with policy and change makers at all levels.

Asthma Advice Line: 1800 445 464

Care Alliance Ireland

Care Alliance Ireland work with organisations to provide better information and supports to family carers, providing opportunities for collaboration on family carer initiatives.

National Careline Service: 01 874 7776
Email: info@carealliance.ie

Mental Health & Wellbeing

Yourmentalhealth.ie

Website with information and advice about your mental health and wellbeing including services and supports available to you.

Confidential Helpline: 1800 111 888

Social Prescribing

Social Prescribers link people into local community-based activities and supports to help maintain positive mental health and wellbeing.

allirelandsocialprescribing.ie

Samaritans

Samaritans is a charity in Ireland offering emotional support 24 hours a day, 365 days a year, to anyone who is in distress, lonely, struggling to cope or feeling suicidal.

Free phone: 116 123
Email: jo@samaritans.org

Citizens Information

Citizens Information Ireland is Ireland's national, free, and independent public information service, providing comprehensive, easy-to-understand advice on social services, entitlements, and rights.

Website: citizensinformation.ie
National Phone Service: 0818 07 4000

For Staff Use Only

HSE Area Finder

HSE Area Finder is a tool designed to support healthcare professionals streamline patient care and enhance the quality of healthcare services. It provides healthcare professionals with a point of contact for primary care and community services, based on Eircode and Address.

Intended for use by Health Professionals only

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