

my  **homecare.ie**



Trusted homecare delivered by Servisource

**Freephone | 1800 400 900**

### **Disability care services**

- Intellectual disability
- Sensory disability
- Physical disability
- Mental health and emotional disability
- Medical disability
- Learning disability
- Speech and language disabilities
- Non visible disabilities
- Developmental disability

*(This list is not exhaustive)*

Affordable Rates from

**€17 per hour**

HSE Recognised Provider | Wholly owned Irish company

## 3 Top Tips

### 1 Support independent living

- Allow the individual to carry out tasks in their own time and at their own pace.
- Offer assistance when needed; wait until your offer is accepted before you help.
- Listen to their instructions and allow your loved one to carry out tasks in their own way.
- Provide empowerment through acknowledging your loved ones right to take control and responsibility of their own life, to make decisions and to respect their feelings and concerns.

### 2 Communication

- Always put your loved one first and refrain from negative phrases/labelling.
- Treat him/her with dignity, respect and courtesy.
- Allow him/her time to express any concerns/feelings/issues.
- Be patient, flexible and supportive.
- Actively listen to what he/she has to say. Be attentive to his/her needs.
- Take time to understand and ensure that he/she understands you.

### 3 Active involvement

- Encourage your loved one to take part in enjoyable activities.
- Actively involve him/her in ongoing activities both in the home and the community.
- Offer choices and preserve his/her right to choose.

Most importantly, manage time effectively, you need your time.

“myhomecare.ie were patient, supportive and empowered me to become actively engaged in society”

*Joan, Cavan*