

my  **homecare ie**



Trusted homecare delivered by Servisource

**Freephone | 1800 400 900**

### **Mental health services**

- Anxiety and dissociative disorders
- Depression
- Bipolar disorder
- Schizophrenia
- Cognitive impairment disorders
- Substance related disorders
- Child and adolescent problems

*(This list is not exhaustive)*

Affordable Rates from

**€17 per hour**

HSE Recognised Provider | Wholly owned Irish company

## 3 helpful hints

### 1 Active listening

- Encourage your loved one to talk about their feelings in the context of a trusting, supportive relationship.
- Allow time and patience for him/her to express any concerns/issues.
- Be aware of their personal space.
- Utilise effective verbal and non verbal communication techniques when interacting with a loved one.

### 2 Focus on personal abilities

- Provide opportunities for “socialisation” and encourage your loved one to participate in one to one and group activities.
- Encourage him/her to engage in therapeutic activities of interest, for example relaxation therapy, walking, listening to music.
- Provide positive reinforcement.
- Focus on personal strengths rather than weaknesses.

### 3 Education

- It is important to be aware of your loved ones personal safety. Take time to research and educate yourself about the environmental supports, safety measures and effective interventions for common symptoms.
- Gain insight into his/her knowledge of their illness and be attentive to their needs.
- Respect their right to privacy, dignity and integrity. You may have to make decisions on their behalf so it is important that you act as an advocate for your loved one.

“ myhomecare.ie gave me the ability to cope with day to day activities, doing tasks with me rather than for me and offering a listening ear. I found the independence I once lost ”

*Patrick, Dublin*