

# A Guide to Primary Care Services in the Community



**Blackrock Health Centre**  
George's Avenue,  
Blackrock, Co. Dublin  
Tel: 01-288 2980

**Stillorgan Health Centre**  
St. Brigid's, Church Road,  
Stillorgan, Co. Dublin  
Tel: 01-217 2918

**Cabinteely Health Centre**  
Meadowvale,  
Clonkeen Road,  
Cabinteely, Co. Dublin  
Tel: 01-289 6195

**Dún Laoghaire Health Centre**  
Centenary House,  
York Road, Dún Laoghaire  
(entrance on Tivoli Terrace South)  
Tel: 01-280 8471

**Sallynoggin Health Centre**  
Upper Glenageary  
Road, Sallynoggin,  
Co. Dublin  
Tel: 01-280 0786

**Loughlinstown Health Centre**  
Loughlinstown Drive,  
Loughlinstown, Co. Dublin  
Tel: 01-282 2122

**Shankill Health Centre**  
Lower Road,  
Shankill, Co. Dublin  
Tel: 01-282 0344

**Dalkey Health Centre**  
Kilbegnet Close,  
Dalkey, Co. Dublin  
Tel: 01-285 9291



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**HSE**  
Dublin Mid-Leinster  
Local Health Office,  
Tivoli Road,  
Dun Laoghaire,  
Co. Dublin.

Tel: 01-236 5200

Living  
**Well** with  
Dementia

Stillorgan - Blackrock

[www.livingwellwithdementia.ie](http://www.livingwellwithdementia.ie)

This brochure was updated as part of the **Living Well with Dementia** project to support people with dementia and their families

# What is a Primary Care Team?

A Primary Care Team (PCT) is a team of health care professionals responsible for organising and delivering primary health care for the local population.

The team is made up of GPs, Nurses, Physiotherapists, Speech and Language Therapists, Occupational Therapists, Social Workers, Home Support and administrative staff. There is a network of other services available to support the team including Podiatry, Area Medical Officers, Community Welfare, Dental, Ophthalmology, Mental Health and Environmental Health.

The aim of the Primary Care Team is to provide primary care services that are accessible, integrated, of a high quality and which meet the needs of the local population. Eligibility criteria may apply.

## Who does what in the Primary Care Team?

### *And how do you contact them?*

#### **GP/Family Doctor**

The first point of call for you and your family's health needs.

#### **Public Health Nurse (PHN)**

Provides quality health care and support services to enable older people to live in their own homes and community for as long as possible with dignity, independence and maximum quality of life. The Public Health Nurse role includes:

- Needs assessment of older people in their own home
- Advice, guidance, support and advocacy
- Clinical nursing and terminal care nursing
- Support and guidance for carers
- Promotion of healthy ageing through one-to-one contact and group work
- Networking and liaising with: GPs, Hospitals, Hospice Home Care Teams, Meals on Wheels, Home Help Services and all members of the Primary Care Multidisciplinary Team.

*Call your local Health Centre.*

#### **Health Care Attendant**

Works closely with your Public Health Nurse.

Assists people in their homes with bathing/showering.

*Call your Public Health Nurse.*

#### **Home Help**

Helps with housework, shopping or may provide personal care such as help with dressing.

*Call your GP or Public Health Nurse.*

## Pharmacist/Chemist

Provides information about your medication and illness.  
Helps to find ways to simplify medication taking.

## Medicine for the Elderly, St Vincent's University Hospital

Provides comprehensive medical assessment for people over 65 years in the Day Hospital in St Vincent's Hospital.

Includes Medical staff, Nursing Staff, Occupational Therapist, Social Worker, and Physiotherapist.

*Referral to this service is through your GP.*

## Psychiatry of Old Age, St Vincent's University Hospital

A team of health care professionals which provides mental health assessment and treatment for people over the age of 65 who are experiencing mental health difficulties. These may include depression, psychosis, anxiety or changes in behaviour due to dementia.

Provides carer support and information about relevant services.

*Referral to this service is through your GP.*

## Community Mental Health Nurse

Member of the Psychiatry of Old Age Team based in Carew House, St Vincent's University Hospital.

Links to other services including Day Centres and other community supports.

## Senior Case Worker for the protection of older people

Assists older people, aged 65 years and over, who may be experiencing abuse. It might be any or several of the following:

- Physical abuse
- Sexual abuse
- Psychological abuse
- Neglect and acts of omission
- Financial or material abuse
- Discrimination particularly Ageism

The senior case worker will assist, advise and support the older person to address the negative behaviour, enabling and promoting resolution.

*To self-refer please call 01-230 3152 or call your GP/Health Care Professional.*

## Social Worker

Helps to deal with issues such as adjustment to changing life situations as a result of illness, dementia, bereavement, separation, abuse, trauma, addiction, suicide etc.

Supports families, older people, and vulnerable adults in the community.

Offers short term counselling and referral to other services, as appropriate.

*Call your local Health Centre.*

## Occupational Therapist

Recommends equipment and adaptations to make your home safer and easier to carry out day to day activities.

Can advise regarding living at home with declining memory.

Can advise regarding communication, social activities and maintaining hobbies and interests.

Provides community occupational therapy assessments.

Works closely with other members of the Primary Care Team.

*Call your local Health Centre.*

## Community Dietician

Supports the nutritional needs of older people in the community.

Runs day centre programmes on topics such as falls prevention and nutritional education.

Provides advice to carer groups, active retirement and social groups.

*Call your local Health Centre.*

## Physiotherapist

Works with people who have suffered injury or illness to regain their health and mobility through exercise and movement.

*Call your local Health Centre.*

## Primary Care Psychologist

Offers a psychological assessment, consultation (direct or indirect) and individual therapy service.

*Call your local Health Centre.*

## Other Health Services available include:

- Speech and Language Therapy
- Optical and Aural Service
- Dental Service
- Chiropody
- Palliative and Hospice Care

*Call your local Health Centre.*

More detailed descriptions of the above services can be found at

[www.hse.ie/dunlaoghaireglasthulepct](http://www.hse.ie/dunlaoghaireglasthulepct)



# Other Useful Information

## Disabled Persons Grant

For adaptations to your home e.g. stair lifts, ramps and bathroom. This grant is means-tested.

*Contact the Housing Section of Dun Laoghaire Rathdown County Council at 01-205 4847.*

## Housing Aid for Older People Grant

For minor essential repairs in privately owned housing e.g. rewiring, roof repairs and central heating. This grant is means-tested.

*Contact the Housing Section of Dun Laoghaire Rathdown County Council at 01-205 4847.*

## Nursing Homes Support Scheme (Fair Deal)

The Nursing Homes Support Scheme is a scheme of financial support for people who need long-term nursing home care. Under the Nursing Homes Support Scheme, you make a contribution towards the cost of your care and the State pays the balance. This applies whether the nursing home is public, private or voluntary.

*Contact the HSE Nursing Home Support Office at 045-880 400.*

## Supplementary Welfare Allowance Scheme

The payments made under this scheme include: weekly Supplementary Welfare Allowance, Rent Supplement, Mortgage Interest Supplement, Diet and Heating Supplements and exceptional needs payments for items such as clothing, funeral costs etc.

*Contact a Community Welfare Office in Dept. of Social Protection at 01-214 0104.*

## Other Entitlements and Allowances

- Free Travel.
- Living Alone.
- Gas/Electricity/Telephone.
- Carer's Allowance and Carer's Benefit.

*Contact the Dept. of Social Protection at 01-704 3000.*



# Your Useful Telephone Numbers

Please complete and keep by your telephone

Family member

1. \_\_\_\_\_

2. \_\_\_\_\_

Neighbour/Friend: \_\_\_\_\_

GP/Doctor: \_\_\_\_\_

Medical Card No: \_\_\_\_\_

Emergency: Dial 999 or 112. Ask for the emergency service you require e.g. Ambulance, Fire Brigade, Gardaí.

Public Health Nurse: \_\_\_\_\_

Health Centre: \_\_\_\_\_

Chemist: \_\_\_\_\_

ESB Emergency: Dial 1850 372 999 \_\_\_\_\_

Electrician: \_\_\_\_\_

Gas Emergency & Leaks: Dial 1850 205 050

Plumber: \_\_\_\_\_

House Alarm Company: \_\_\_\_\_

Personal Alarm Company: \_\_\_\_\_

Priest/Pastor: \_\_\_\_\_

Shop/Supermarket: \_\_\_\_\_

Telephone Faults: Dial 1901

Citizens Information: 076 107 4000

The Alzheimer Society of Ireland: 1800 341 341

Other: \_\_\_\_\_

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