

## **Crosscare Carer Support Programme** **(<https://www.activelink.ie/node/788>)**

### **Who we work with**

We define Family Carers as people of any age who are caring full time or part time for a member of their family who has special needs, a disability, neurological condition, a frail older person or someone with a long term illness. The family carer may or may not live with the person they care for.

Our Aim is to improve the quality of life of family carers who are often vulnerable and under stress. We believe that if the carer is adequately supported, not only will the well being of the carer be enhanced but also that the person being cared for may be enabled to stay at home for as long as is possible.

Many carers also tell us they feel very isolated when they become carers. Our services provide opportunities to help carers break this isolation.

### **Our Services**

In a confidential and respectful environment we offer:

#### **Support**

- Informal one to one support
- Local support groups
- Advocacy
- Counselling to carers (limited spaces)
- Bereavement support

#### **Respite**

- Respite weekend breaks for carers
- Respite
- Drop in coffee mornings

#### **Education**

- Regular newsletter and updates
- Training Courses and workshops including workshops funded through Pobal
- Information on relevant services and information
- External Speakers

#### **Past Carers**

We support carers in our service during the time of transition as their caring role comes to an end.

#### **Interagency Collaboration**

We work with other agencies to promote and address issues relevant to carers.

**Contact Info**

Crosscare Carer Support Programme,

Holy Cross College

Clonliffe Road

Dublin 3

Ph: 01 8360011 (Tel:018360011)

**Email**

info@crosscare.ie

**Website**

Crosscare (<https://crosscare.ie/>)

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