This is an overview of the services for dementia and older peoples mental health services provided by the Western Health and Social Care Trust, the Independent, Voluntary and Community sectors. Included are key elements of service provision in relation to:

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- Acute Psychiatric Liaison Service 5
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Community Mental Health Teams

Older people’s mental health services are delivered within the secondary care division of the primary care and older peoples directorate. There are 4 community mental health teams for older people across the Trust area.

The Community Mental Health Teams (CMHTs) for older people are a secondary specialist service that provides assessment, treatment, therapeutic interventions, care management and ongoing support to people over 65 who have a diagnosis of a functional mental health illness or complex dementia with associated challenging behaviour. The teams also provide specialist assessment and support to persons under 65 years presenting with cognitive impairment/dementia.

The WHSCT have 4 geographically focused and fully integrated CMHTs for older people, West Tyrone, Fermanagh, Strabane/Cityside and Limavady/Waterside.

The CMHTs include psychiatry, psychology, nursing, occupational therapy and social work.

Referrals to the CMHT service predominantly come from GP s, core elderly teams within the Trust, through hospital liaison and transfers from other WHSCT teams eg Adult Mental Health Teams and Physical or Learning Disability Teams.

For further information contact:

Cityside/Strabane CMHT, T: 028 7186 4384

Waterside/Limavady CMHT, T: 028 7186 4384

West Tyrone CMHT, T: 028 8223 5993

Fermanagh CMHT, T: 028 6634 4048
User and Carer Involvement

The service values the importance of service users and carers. They are central to the decisions about their care plans.

All carers are offered the opportunity to have a NISAT carer’s assessment and referral to the Trust Carers support co-ordinator if they wish. Information is provided on local services such as information events and support groups. The psychology service offer counselling to carers post diagnosis if required.

Carer cash grants are available. These are one off payments usually granted once a year up to a maximum of £150 to be used for short term breaks or any form of respite for the carer. The care manager identifies the need via the carer’s assessment and presents to the team leader for approval. This is then forwarded to the Trust’s carers co-ordinator for payment.

For more information contact:

Cathy Magowan  
Carer Support Co-ordinator  
2 Coleshill Road  
Enniskillen

T: 028 6634 4163  
E: Cathy.Magowan@westerntrust.hscni.net
Acute Psychiatric Hospital Liaison Service

At any one time 1 in 4 persons on an older peoples ward in an acute hospital will have cognitive impairment or dementia. A significant number can also present with mental health problems.

The Psychiatric Liaison service comprises a psychiatric liaison nurse in each sector of the Trust who is supported by the respective Consultant Psychiatrist. The psychiatric liaison nurse undertakes the initial assessment, support and education to the local acute hospitals. The liaison nurse will integrate the assessment and treatment of mental health issues into routine general hospital practice. Patient profile must fit the overall referral criteria for the CMHT and be medically fit for assessment.

Approximately 75% of referrals are memory related either dementia or delirium. The liaison service also provides general education and training to the acute sector in relation to mental health issues pertinent to older age including management of delirium, acute on chronic confusion and other aspects of dementia and mental illness presentations.

The liaison nurse is available Monday to Friday 9am -5pm.

For further information contact:

T: 028 7186 4384 Northern Sector

T: 028 8223 5993 Southern Sector
Memory Assessment Service: Northern Sector (Strabane, L'Derry and Limavady)

There is a memory assessment service operating in the northern sector of the Trust. It includes one memory nurse, one part-time social worker, one consultant psychiatrist and one consultant psychologist. Referrals to the memory service are accepted from GPs, psychiatrists, neurologists and hospital physicians. All incoming referrals go into the central referral system for older adult’s mental health services northern sector where they are screened by the memory assessment nurses and if they meet the inclusion criteria they are accepted and offered assessment.

Baseline assessments are carried out by the nurses at the memory clinic in the waterside hospital or at the home of the patient if necessary.

All assessment outcomes are then presented by the nurses to the weekly memory multi-disciplinary meeting. All members of the team are present. On the basis of the information presented an individual treatment plan or care pathway will be identified and agreed. Possible pathways include:

- Further investigations such as a CT scan, referral to neurology service, more comprehensive neuropsychological assessment

- Diagnosis

- Treatment, medication, anti-dementia drugs, anti-depressants, anti-psychotics

- Therapeutic interventions including counselling

- Education and advice, management regarding driving, behavioural management, financial advice, memory aids

- Review appointments.
Memory Assessment Service: Northern Sector (Strabane, L'Derry and Limavady) Continued

If a diagnosis of dementia is reached, an outpatient appointment with the consultant will be arranged. This appointment will involve, feedback on outcomes of assessment, diagnosis, initiation of medication, advice regarding onward referral to the CMHT, information regarding education, support groups and counselling. If no diagnosis of dementia is reached the service user and the carer will be contacted directly by the memory assessment nurses by telephone and informed about the assessment outcomes. The service user will be discharged and sent back to their GP/CMHT or other appropriate services.

Where a diagnosis remains uncertain the service user may be requested to return for a further assessment 6-12 months later.

Memory Assessment Service: Southern Sector (West Tyrone and Fermanagh)

West Tyrone and Fermanagh CMHTs do not currently have a dedicated memory assessment service. They incorporate this function into their existed CMHT role. However a memory service will be established in the southern sector in 2013.
Psychology Service

The over 65 Clinical Psychology service works alongside the Older People’s Community Mental Health Teams, with bases in L’Derry, Omagh and Enniskillen. There is one Consultant Psychologist who is Trust wide and two clinical psychologists one based in each sector.

The clinical psychologists within the team help people with a wide range of problems including depression, severe anxiety, trauma, post traumatic stress and memory difficulties. They also help with family and relationship problems and coping with mental health difficulties and dementia within a family.

This Trust-wide service offers both inpatient and outpatient assessments and interventions. Referrals are accepted from the older people’s CMHT.

The Clinical Psychology service offers assessment of memory problems through the memory assessment clinic in the Northern sector of the Trust, and in the Southern sector via referral from the Older People’s CMHT.

For further information contact:

T: 028 7186 4384 Northern Sector

T: 028 8223 5996 Southern Sector
Challenging Behaviour Service

The principles of the challenging behaviour service are that all behaviour has meaning and purpose so people’s behaviour, even when challenging can be understood. Dementia affects different people in different ways. If you can understand why someone is behaving in a particular way, it can help how the condition can be managed.

The western trust’s challenging behaviour service employ 4 specialist nurse practitioners, 2 in each sector of the trust. It is embedded in the psychology service and is led by the trusts consultant clinical psychologist.

The main objectives of the service which is based on the Newcastle model are:

• To provide support and training for staff in residential and nursing homes and in patient settings in how to support people with dementia who may have challenging behaviour

• To prevent inappropriate hospital admissions and to obtain people in their current environment wherever possible

• To provide psychological therapies as an alternative to neuroleptics

• Where hospital admission is necessary, to work with ward based staff to develop effective formulation-lead interventions to support the patients return to community settings where possible

• To provide advice and consultancy to other colleagues working with people with challenging behaviour.

For further information contact:

**T: 028 7186 4384 Northern Sector**

**T: 028 8223 5996 Southern Sector**
Inpatient Mental Health Services. Northern Sector

In the northern sector of the Trust there are three inpatient facilities.

**Ward 1 Waterside Hospital. T: 028 7186 0007**

Ward 1 is an assessment and rehab ward for people with dementia. There are currently 9 beds plus one for emergencies in use.

**Ward 3 Waterside Hospital. T: 028 7186 0007**

Ward 3 is a ward for older people with functional mental health issues. It is a 9 bedded unit plus one for emergencies catering for clients over 65 suffering from an acute mental illness.

**Slievemore Nursing Unit, Shantallow, L’Derry. T: 028 7135 1401**

Slievemore Nursing Unit is a specialised unit for dementia patients with challenging behaviour. The unit is composed of an 18 bed facility, one being dedicated for respite care. Slievemore is currently in the process of closing and the service will be provided in the future by the community based Challenging Behaviour Team.
Inpatient Mental Health Services. Southern Sector

In the southern sector of the Trust there are three inpatient facilities all based in the Tyrone & Fermanagh Hospital, Omagh.

**Oak A. T: 028 8283 5757**

Oak A is a ward for older people with functional mental health. It is a 10 bedded unit catering for clients over 65 suffering from an acute mental illness.

**Oak B. T: 028 8283 5756**

Oak B is a 10 bedded unit for assessment and rehab for people with dementia.

**Ash. T: 028 8283 5751**

Ash ward is a 20 bedded ward catering for dementia clients with challenging behaviour.
Day Care Services

The Western Trust provides a range of day care services for older people across the Western area. The Trust operates six main older people’s day centres which operate Monday to Friday and six outreach centres that operate one to three days per week. The Trust also commissions day care services from the community and voluntary sector.

Day care services aim to enable older people to live independently in their own homes in their own community’s for as long as possible. Services are designed to meet the prescribed needs of older people through individualised plans of care-structured, comprehensive programmes in a protective setting for a period of time during the day. Access to day care centres is by referral, usually through a GP, social worker, CPN, district nurse and self-referral. Places are allocated following assessment and on the basis of need, subject to the regional access criteria.

They provide three different types of day care service. **Social care** - which mostly includes meals and recreation. **Adult day care** - mostly health, therapeutic and social services which includes some health screening, AHP services and district nursing services, respite for carers. **Dementia specific** day care. Day centres which provide this include the following:

<table>
<thead>
<tr>
<th>Day Centre</th>
<th>Day</th>
<th>Dementia Places Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tempo Road DC</td>
<td>Thursday</td>
<td>12</td>
</tr>
<tr>
<td>Enniskillen</td>
<td>Tuesday, Wednesday, Thursday</td>
<td>30 (10 per day)</td>
</tr>
<tr>
<td>Strabane DC</td>
<td>Wednesday</td>
<td>10</td>
</tr>
<tr>
<td>Thackery DC L’Derry</td>
<td>Wednesday</td>
<td>10</td>
</tr>
<tr>
<td>Foyleville DC L’Derry</td>
<td>Wednesday</td>
<td>10</td>
</tr>
<tr>
<td>*Creggan DC L’Derry</td>
<td>Tuesday, Wednesday (AM), Thursday</td>
<td>45 (15 per day)</td>
</tr>
<tr>
<td>Sevenoaks DC L’Derry</td>
<td>Monday - Sunday</td>
<td>95 (15 Mon-Fri, 10 Sat &amp; Sun)</td>
</tr>
</tbody>
</table>

*Based on level of cognitive impairment and individual needs people with early dementia can also attend on other days. Creggan day centre also have two days for the functional mentally ill- Monday and Friday- 30 places each day.
Day Care for Functional Mental Illness

In addition, the Western Trust operate a specialist older peoples mental health day care service in Spruce House in the Tyrone and Fermanagh hospital, Omagh and outreach centre in Westbridge House, Enniskillen.

Spruce is a five day service Monday- Friday 9am-5pm with 60 places(12 per day) and Westbridge house operates two days a week Monday and Friday with 12 places(6 per day).

For further information contact:

**Spruce House**  
Tyrone & Fermanagh Hospital  
Omagh

*T: 028 8283 5448*

**Westbridge House**  
Ann Street  
Enniskillen

*T: 078 9429 5151 / 078 9429 5152*
Home Care Services

The Western Trust provides about 40% of the domiciliary care service in house while the remaining 60% is delivered by the independent sector. The Trust employs approximately 900 domiciliary care staff and contracts with 17 independent organisations that provide services across the Trust area. (March 2013)

Referrals are accepted from Western Trust staff predominantly social workers and community psychiatric nurses from general and mental health older peoples services. A domiciliary care panel meets fortnightly to screen referrals. This is to ensure all referrals meet the regional domiciliary care access criteria ie. classified as having either ‘critical’ or ‘substantial’ risks.

Direct Payments

Instead of the Trust providing domiciliary care, carers and clients who are eligible for care can choose to take up direct payments. This gives people more control and flexibility and allows them to arrange their support in a way that suits them best. They can arrange their own support at home, as well as daytime activities and respite. They can choose who works for them, what they work and what they do.

For further information contact:

Spruce Villa
Gransha Park
L/Derry

T: 028 7186 0616
Reablement

A reablement model is being implemented within the Western Trusts Home Care services. This new approach which is an occupational therapy led service delivers a focused short term therapeutic intervention to maximise and sustain independence and reduce the demand for long term care and support.

The reablement programme is particularly applicable in the context of discharge from hospital but is also applicable to any individual living in the community who requires support including the clients within older people’s mental health.

Reablement is not a separate service, it is integrated within the Trust’s range of services and has links to other specialist services including falls prevention, continence and specialist equipment. They also refer directly to telecare and to the community and voluntary sector.

Referrals are screened by a panel every morning and allocated for assessment. The Western Trust is currently implementing the reablement within a phased approach. It is now in operation in the Cityside, with plans to launch it in Waterside and Limavady in Spring 2013 and throughout the remaining Trust areas by the end of the year.

For further information contact:

Martin McGeady
Head of Home Care Services
Spruce Villa
Gransha Park
L/Derry
T: 028 7127 7603

Grainne Concannon
Occupational Therapist
Team Lead
Reablement
T: 028 7186 5105
## Telecare Services

In March 2011 the TF3 Consortium was commissioned to provide a remote telemonitoring service for health and social care in Northern Ireland. Included in this is the provision of telecare services.

TF3 therefore have a contract with the Western Trust to provide telecare services to the elderly population (aged 65+) and/or suffering from dementia that are resident within the Western Trust area. The aim of the service is to work in partnership with health and social care professionals to ensure appropriate packages of care are provided to help people to stay in their homes independently.

Telecare services include assessment, installation, provision of equipment and 24 hour link to response centre and support, review and service including replacement and/or upgrade of equipment when required.

Referrals come from health and social care teams and must meet set criteria. The referral is sent to TF3 who will then arrange a joint assessment with the referrer. The telecare package and response is agreed and the package is installed. There are 3 levels of telecare packages/model available from the Trust. These include:

<table>
<thead>
<tr>
<th>Level B</th>
<th>community/home safety/smoke , heat falls etc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level C</td>
<td>health and social care/bed sensor, exit alert etc</td>
</tr>
<tr>
<td>Level E</td>
<td>exception-mix of sensors/high risk monitoring/service/review visits are provided for all these packages.</td>
</tr>
</tbody>
</table>

Telecare is currently being reviewed. There is a local implementation group who are revising criteria/age group with a view to expanding the service to reach other client groups.

For further information contact:

**Shane McNamee**
Spruce Villa  
Gransha Park  
L/Derry

**T:** 028 7186 0616  
**M:** 075 0674 5709
Flexicare 2

The WHSCT is working in partnership with Department of Agriculture and Rural development (DARD) to deliver the flexicare service which aims to address social exclusion of older people (65+) living in rural areas. It focuses on trying to support older people to stay at home and live in their own community by offering services such as befriending, respite for carers, repair jobs, shopping and sitting services. It also aims to facilitate health improvement programmes for older people in rural communities and to develop solutions that will include signposting to services, creation of new networks and promoting community involvement.

Four local community/voluntary organisations have been commissioned by the WHSCT to provide flexicare services across the Trust area. Staff delivering the services have been trained in dementia. Referrals can be made by health and social care staff, community and voluntary agencies, family and by self referral. The older people’s CMHT are accessing these services for their clients and carers living in the rural areas.

For further information contact:

Kareen McCauley
Spruce Villa
Gransha Park
L’Derry

T: 028 7186 0616
Drug & Alcohol Service for Older People - Domiciliary Outreach Programme

This programme concentrates on those older people with drug and alcohol related problems, their carer’s, family and friends within the northern sector of the WHSCT.

The programme is delivered by a Drugs and Alcohol Co-ordinator. There are 3 main elements to the service. These include:

• Assessment and specialist interventions with clients and their families

• Training on substance abuse in older people. This targets staff working with older people from the Statutory, voluntary, community and independent sectors. The training is tailored to the participant’s needs and job role. Staff can range from home helps, health professionals, housing officers, community workers

• Awareness raising initiatives which look at prevention, early detection and promotion of local services. These can range from local campaigns, health fairs and information sessions for older people

A helpline has also been set up Monday to Friday 9am – 5pm. Its accessible to members of the public and professionals who need information and advice on how to deal with substance abuse and the services available.

For further information contact:

Evelyn Brett,
Co-ordinator

Tel: 028 7131 4239
Managing the Challenge Programme of Living With a Long Term Condition

The managing the challenge programme is an innovative self-management training programme which helps individuals manage their long term conditions. It is funded by the Western Trust under license from Stanford University and it is managed and co-ordinated by Action Mental Health and supported by the Long term Condition Alliance NI.

The programme is delivered by 2 trainers that have conditions themselves, or work with and/or care for people with Long Term conditions. There is a pool of trainers from the Trust and from community and voluntary organisations. Training for trainers courses are organised regularly. The programme is run over 6 weeks one day a week for 2 and a half hours and trains participants in the skills necessary to reach their full potential in spite of their conditions with tools such as action planning, problem solving, communication skills, positive thinking, depression management, managing pain, managing fatigue and dealing with difficult emotions. The delivery of the training in the group setting is a really important aspect of the program as the shared experience and expertise of the people with conditions allows people to realise that they are not alone and it removes the feeling of isolation and helplessness.

The Older Peoples CMHT s are referring their clients to existing programmes being rolled out across the Trust.

For further information contact:

Martina Blake,
Co-ordinator

T: 028 7137 3502

http://www.westerntrust.hscni.net/2543.htm
Supported Accommodation for People With Dementia

The Western Trust has contracted with Fold Housing Association to provide care for people with dementia within two supported living settings. These include Gnangara in Enniskillen and Sevenoaks in L'Derry.

**Gnangara Housing with Care**

**T: 028 6632 4422**

[http://www.foldgroup.co.uk/housing/view/1002/gnangara](http://www.foldgroup.co.uk/housing/view/1002/gnangara)

Gnangara is Fold's newest housing with care scheme. In addition to providing full residential care for 15 residents in its residential care home, Gnangara has a mixture of 15 one and two person self contained supported living bungalows. Residents living in the bungalows receive support and a domiciliary care service which meets their personal needs. It also offers the latest assistive technology including the 24 hour telecare helpline service.

**Sevenoaks Housing with Care**

**T: 028 7131 1278**


Sevenoaks have 30 purpose built flatlets, 16 of these are residential care and 14 are supported living. There are 5 self contained bungalows. Sevenoaks also have a day care centre which operates 7 days a week.
Residential and Nursing Homes

The Trust provides residential care for older people in 5 homes throughout the Western area. These include:

- **Greenfield Residential Home**  
  Strabane

- **Rectory Field Residential Home**  
  L’Derry

- **Seymour Gardens Residential Home**  
  L’Derry

- **Thackeray Place Residential Home**  
  Limavady

- **William Street, Residential Home**  
  L’Derry

Seymour Gardens is the only Trust residential home for people with dementia. It has 26 beds, one of these is for respite.

The remaining residential and nursing homes across the Western Trust area are privately owned. Some homes across the western trust also provide day care facilities for clients.

For further information visit:

http://www.westerntrust.hscni.net/2028.htm
Dementia Support and Respite - Alzheimers Society

Alzheimers Society have been contracted by the WHSCT to provide the following services:

**Carer Information Programmes** which provide carers with an opportunity to develop their knowledge about the illness. A minimum of 4 programmes (over 4 weeks) are delivered across the Trust including rural areas each year.

**Carer Support Groups** which provide an opportunity for carers to give and receive peer support to help them in their caring role. There are currently 8 groups in operation across the Trust area.

**Dementia Cafes** provide people with dementia and their carers the opportunity to socialise, give and receive peer support and share experiences in a safe and secure environment. There are 5 Dementia cafes. They are located in Omagh, L’derry, Limavady, Strabane and Enniskillen.

**Memory Clinics Support.** Alzheimers society attend and work alongside the memory clinic in Enniskillen and Omagh providing information and support to people just diagnosed with dementia and their carers. There are plans to put this service in place in the Northern sector clinics also.

**Foyle Home Support Service** provides specialised home support to clients in their own home living in Derry, Limavady and Strabane. Referrals are made by Older Peoples services within the Trust.
Advocacy Service - Alzheimers Society

Commissioned by the Western trust the Alzheimers Society also provide an advocacy service to clients both dementia and FMI resident in Oak A, Oak B and Ash ward on the Tyrone and Fermanagh Hospital site plus ward1 and 3 at Waterside hospital and Slievemore Nursing Unit.

In addition to the contracted services Alzheimers Society also deliver:

• Celebration events once a year to profile what the society has done locally

• Awareness raising events and activities eg Tesco road shows, talks, information evenings etc

• Helpline providing independent information and signposting services to people with dementia and their carers.

For further information on local Alzheimer Society branches contact:

**Foyle**
T: 028 7134 8887

**Fermanagh**
T: 028 6634 4073

**Omagh**
T: 028 8224 0826

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)
Foyle Floating Support Service for Older People With Complex Needs - Praxis

This service run by Praxis and funded by Supporting People provides floating support to older people (65+) with complex needs such as addictions, dementia, sensory support needs, acquired brain injury, disabilities and those experiencing or recovering from mental ill health.

The service aims to provide appropriate support to enable older people to remain independent and maintain their own tenancy. It ensures that the individuals emotional, social, intellectual, physical and support needs are met.

There is a wide range of support available for the service user. This includes support setting up a home, maintaining a home, developing social and life skills, benefit advice and budgeting, advice on health and wellbeing and signposting on to other services. Referrals are made by the older people’s services in the Trust. Four floating support workers and a team leader employed by PRAXIS deliver the service across the northern sector.

For further information contact:

Praxis Care
76 Rockmills
Strand Road
L/Derry

T: 028 71 372181
Tyrone and Fermanagh Floating Support Service - Praxis

This service which is funded again by Supporting People provides floating support to older people including those with dementia, offering advice, guidance and support on practical issues to enable people to remain independent and maintain their own tenancy. There are 4 floating support workers, one worker is based in Holly Villa with the Omagh CMHT and the remaining staff are based at Castlehill, Lisnaskea. Referrals come from Older peoples teams within the southern sector of the Trust.

For further information contact:

Praxis care
Castlehill
Church lane
Lisnaskea

T: 028 6772 2778
Promoting Independence and Providing Social Support for Older People
Co-operation and Working Together (CAWT)

This CAWT project which is funded by European Union Intereg IVA is focused on enhancing social supports and using Assistive technology to enable older people to maintain independence and reduce isolation. There are a number of designated delivery areas in the border region in the western trust. These include west Fermanagh and Strabane District Council area.

Older people networks/interagency groups have been established which ensures the needs of older people within these areas are identified and delivered in a co-ordinated and integrated way. The groups draw its membership from a range of statutory, community and voluntary organisations and aims to work together to improve the health and well being of vulnerable older people.

The initiatives in west Fermanagh are befriending, IT, good morning service and small grants for older peoples groups.

In Strabane District Council area the Citizen Advice Bureau is funded to co-ordinate and develop an information and signposting service for older people, their families and those working directly with or on behalf of older people in the area. A project co-ordinator has been appointed and along with trained volunteers facilitate a centre within the CAB where people can access information by phone, drop in, appointment, e mail etc. A comprehensive library of information has been developed regarding local services and programmes for older people. Outreach sessions disseminating a wide range of information also takes place across the district on a regular basis. This ensures isolated older people living in rural areas can access information and services.

For further information visit:

www.cawt.com/olderpeople
Community Bridge Building for Older People

This new outreach project was designed to work in partnership to address the complex and unmet needs of older people living in the community who are affected by mental health problems through enabling them to establish new relationships, social opportunities and support networks within their community.

A local community bridge builder who is based in Oak Villa Gransha Park L’Derry helps older people with mental health problems and those in the early stages of dementia to access opportunities which will help their learning and development, improve their mental and physical health and to discover and develop ways in which they can become active within their community. Clients participating in the project are actively engaged and referred by the Older People Mental Health services within the Trust.

For further information contact:

Carla Mulholland
Oak Villa
Gransha Park
L/Derry

T: 028 7186 0261
Health for Life - Healthy Living Centre, Creggan

This project based in the Old Library Trust Creggan, L'Derry provides a wide range of programmes for older people living in the city. Activities include physical activity/walking clubs, GP exercise referral for 60 +, healthy eating, IT, Arts and Crafts, Drama, Social events, listening ear and befriending.

A Friday club has been established which caters for 10 people with early stage dementia. It takes place from 10am -2 pm and transport to and from people’s homes is included. Referrals are from older peoples teams within the Trust and families/carers. Staff carry out a home assessment first to determine suitability for the club. It is facilitated by a social worker and a team of trained volunteers.

For further information contact:

Old Library Trust
Central Drive
Creggan
L/Derry

T: 028 7137 3870
North West Ageing Well Together Project

The aim of this project is to deliver a range of services, aimed at improving health and well-being of vulnerable older people in the Strabane and Derry City council area. It addresses key issues such as combating isolation (including carers), empowering older people, information and awareness raising, accessing the hard to reach individuals, partnership collaboration and accessible transport. Services available include befriending, handyman services, good morning services, community transport, advice and information, carers support and volunteering.

For further information contact:

North West Ageing Well Together
Amity House
1 Brook Road
Donemana

T: 028 7139 7990

http://www.northwestageingwelltogether.com/
## Older People North West. Carers Support Service

Older People North West has a contract with the Western Trust to provide a respite service at home for carers living in the Waterside area of L'Derry. An appropriately trained and experienced volunteer/staff member will take responsibility for an older person whose carer requires time to leave the house for a short break or appointment.

Referrals are made through the clients key worker in the Trust.

In addition to their contracted sitting service, Older People North West also provide social day care and meals on wheels across the greater waterside area. These services include people with mild mental health problems and early dementia.

For further information contact:

**Older People North West**  
Malvern House  
Chapel Road  
L/Derry  

**T: 028 7134 7478**
Drug and Alcohol Programmes for Older People
Re-engage With age Project - HURT

This 4 year initiative which began in July 2012 supports older people aged 60 + years who are at risk of addiction issues across the north west area. It provides:

• Support and Treatment. Older people can access HURT assessment and treatment services at HURT offices in L’Derry, outreach clinics or through home support if required. Counselling and complimentary therapies are available

• Group work Programmes. For older people the Why pay the price programme provides information on the use of prescription, over the counter products, alcohol, diet, exercise and alternative methods of relaxation. A range of social activities and outings also take place for older people involved in the programme

• Information workshops for carers in relation to understanding medicines and their safe administration.

For further information contact:

HURT
35 Great James Street
L/Derry

T: 028 7136 9696

www.hurtni.org
Alcohol Related Brain Injury

The WHSCT was awarded a grant from Big lottery to provide support for people with the alcohol related brain injury Korsakoffs Amnesic Syndrome and their families. These clients often present to acute care and are often delayed discharges due to a lack of appropriate housing and support in the community. Housing provider ‘APEX housing’ will work with this client group to identify care and support needs and make appropriate sustainable accommodation placements. A part time nurse will work across the Trust’s hospital sites and two part time support workers will be employed by APEX housing. Families of these clients will be able to re-engage as their relative is appropriately cared for.

For further information contact:

Nuala Campbell
Project Manager
Grangewood
Gransha Park
L/Derry

T: 028 7186 5204
Solace Catalyst Project

This project based in Solace in Irvinestown reaches a wide range of people, additional to the existing Solace project. It targets older people and specifically addresses chronic women drinkers. Existing facilities are shared with new clients and specific support is targeted to include new focused activities.

The Catalyst project raises awareness of the impact of alcohol misuse on the mental health of the alcohol user, immediate and wider family, friends and communities in the Fermanagh area. It supports family members eg giving children and young people opportunities to meet others in the same situation as them, improving their social networks and supporting good mental health. 3 floating support workers work across families, improving relationships and providing support to those whose alcohol misuse has caused damage. 12 trained volunteers also deliver on the project.

For further information contact:

Solace
Mill Street
Irvinestown

T: 028 6862 8737
Fermanagh New Horizons - Alcohol Support Project

The Alcohol Support Project will target Older People in the Fermanagh area. It will deliver practical skills to individuals over 55 years who have been chronic drinking or are dually diagnosed and will provide alternative diversionary activity from current habitual behaviours associated with alcohol addiction. The emphasis being placed on women hidden drinkers. The project will support 20 individuals annually from across Co. Fermanagh.

For further information contact:

Fermanagh New Horizons
Cherryville
Drumcoo
Enniskillen

T: 028 6632 3630