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Quarterly Newsletter

Summer

COVID-19 Factsheet

Find out all the information you need regarding Coronavirus ▼

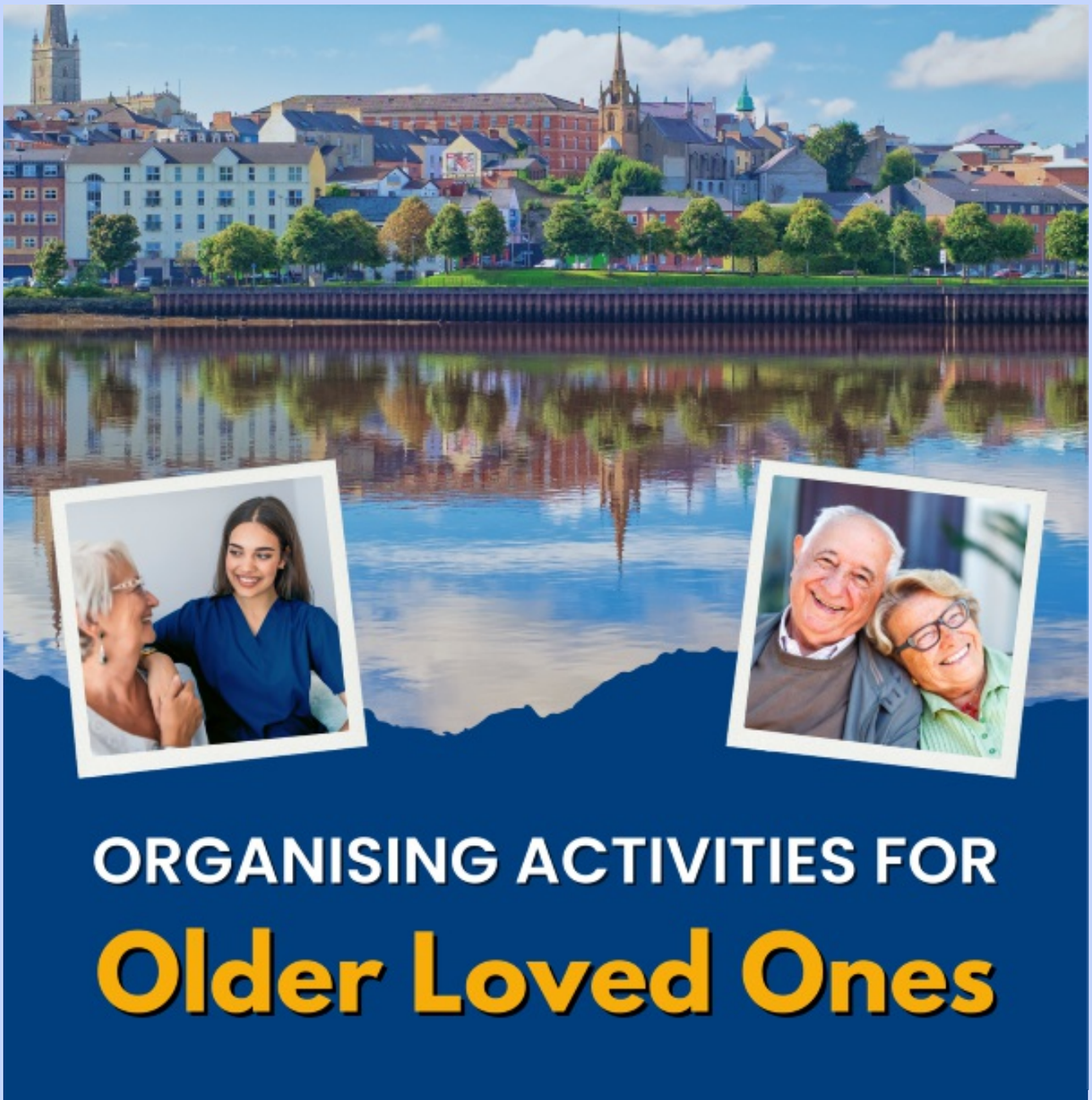
Coronavirus Factsheet

Coronavirus Information

Joint Commission International

As you are all aware our JCI reaccreditation took place on May 23rd to May 26th, 2023. We are delighted to say we have been successful in reaccreditation until 2026. At MyHomecare we aim to promote the best standards in quality and patient safety.

We thank you all sincerely for your cooperation, professionalism, and contribution to the lives of your service users in the community.



How To Organise Activities For Older Loved Ones

9 Summer Activities For The Elderly

According to a UK survey by the Royal Voluntary Service (RVS), many older people don't enjoy activities that are specifically organised for them, because they find them too simplistic or patronising.

It's important to always involve your loved one in the planning an activity to do together, ensuring it's centred around their hobbies, memories or interests.

SUMMER ACTIVITIES FOR OLDER PEOPLE WITH DEMENTIA

Revisit The Past

Visiting a place where an older person spent many family holidays, or a street or village where they grew up can encourage them to talk about the past and share these memories with you.

These attractions often host special events, for example Beamish runs a number of singalongs with a live traditional band and days celebrating life in the 1950s, while the Living Museum of Rural Life holds regular craft weekends and vintage car shows. Open air museums play host to a huge range of visual stimuli and sounds, which again, can be really engaging and spark happy memories.

Still-Life Drawing Or Painting

Art can be a great activity for elderly people **living with dementia,** as it creates a sense of accomplishment, which can help them to feel happy and boost self-esteem.

However, it's important not to choose an art activity that's too simple or child-like for your loved one's abilities.

Painting something from still life allows for all artistic abilities and means everyone can get involved. Choosing a flower bed or garden scene as the subject matter is a nice way to soak up a little sunshine at the same time.

Gardening

For those living with dementia, spending time outside in the garden can regulate their body clock, helping them to sleep better and minimising **sundowning symptoms.**
Gardening is an activity that allows people to do as much or as little as their health or cognition allows – small planters or window boxes are easy to maintain but still bring a lot of satisfaction, or you could make a day of it and get other family members involved too – helping with digging and other more strenuous tasks that your loved one may struggle with. Visiting a local garden centre, or choosing plants and flowers can also help start conversations and is a good way to stay socially active in the community too.

Vitamin D & The Elderly

Sunshine provides a healthy dose of vitamin D, which many older adults don't get enough of. A lack of vitamin D can lead to frailty and cognitive difficulties, so getting outside safely can be incredibly beneficial for older people. Vitamin D is an effective mood booster, and **has been found** to combat feelings of depression, loneliness or lack of enjoyment, and may even help memory, according to **some studies.**

SUMMER ACTIVITIES FOR THE BLIND OR HEARING IMPAIRED

Tactile Crafts

Macrame, beaded jewellery making, and clay work are all fun, relaxing activities that can be done in the garden, and are good options for those receiving home care, who may not be as mobile.

Take A Trip To The Seaside

A trip to the seaside provides a ton of sensory stimulation – from the smell of salty sea air and fish and chips, to the feeling of the sand between the toes.

Discover more accessible beaches

Visit A Sensory Garden

Sensory gardens stimulate all the senses – sight, smell, sound, touch and taste – meaning there is still plenty to engage with if a loved one is living with hearing or sight loss. Sensory gardens are a great way to connect with nature and provide a sense of calm.

What temperature is dangerous for the elderly?

An inside or outside temperature of over 30°C can put elderly people at risk of dehydration, heat exhaustion or heat stroke. It's advised by Age UK to apply sunscreen if you're planning on spending longer than 10 minutes outside in the sunshine, and to take breaks in the shade at least every hour. On hot days, it's also important to avoid being outside between 11am and 3pm, when the sun is at its hottest.

Start A Book Club

Whether it's just for yourself and the person you're caring for, or you invite others to join in, coming together regularly to read and chat about a book can keep the mind active, and help to form friendships.
Book clubs can be held anywhere, be it outside in the garden, or by a sunny window. Choosing books along a summer or holiday theme can help evoke memories and enrich the senses too.

Helping Local Wildlife

According to the RSPB, over 406 species of birds can be found in the UK. Feeding birds can be an enjoyable way to bring nature to the garden, the sound of birdsong is also naturally relaxing, and can even be made into a game by identifying the calls of different species.

Simple bird feeders can be made by melting lard and mixing with seeds and fruits, or by pushing seeds into apples and hanging them from a tree. Hedgehogs are also summertime visitors that are enjoyable to watch, and benefit greatly from an extra snack. If possible to do so, set out some dog food or dried mealworms and a camera at night to capture their visits.

If your loved one has a garden or patio, you can create a small pond to attract wildlife together, all you need is a plastic tub, some gravel and rocks, and some aquatic plants or pond weed to keep the water clean. You can even purchase ready made kits if you'd prefer, so of which come with solar powered water features.

Scrapbooking

Sitting in the garden and working on a scrapbook is both fun, and has a wide range of health benefits. Sorting through old photos and momentos can spark memories and conversation – you may even learn something new about your loved one's life . Cutting and sticking, or pressing flowers can help motor skills, and scrapbooking can also have a calming effect – reducing blood pressure and heart rate.

And, for a someone living in a care home or receiving live-in care, it's also a great opportunity for their carers to learn more about their life, experiences, and interests too.

National Carers Week! June 12-18th

Happy National Carers Week! Myhomecare is celebrating by showcasing the amazing efforts of our remarkable carers!

We extend our deepest gratitude to our devoted carer John Kelly for his tireless dedication and empathetic approach to providing care. Your remarkable efforts truly create a significant impact on the lives of those you serve! Thank you for making a meaningful difference every day.

Click on the link below to read more of our carers stories:

Carers Stories

Myhomecare Partnership Announcement

Myhomecare is a HSE recognised national supplier of high quality homecare services with a strong focus on delivering person-centred care to each individual in their own home. We are committed to delivering the right people with the right skills to support our clients to live independently and with dignity.

Myhomecare are proudly partnering with Isaac Care, to bring innovative and easy-to-use assistive technology to our clients nationwide. Isaac Care's technology allows us to provide wraparound 24/7 support to out clients and provides comfort and peace of mind when our dedicated homecare staff and family members can't be present.

Care Plans

We have 2 Care Plans to avail of:

1. Comfort Plan
2. Complete Plan

Vist Our Website **Care Plans - Home Care & Home Nursing in Ireland from Myhomecare**

OR

Contact one of our Myhomecare Expert Advisors on **1800 400 900**

EMPLOYEE
Of The Quarter

Employee of the Quarter

The Employee of the Quarter Program recognizes the outstanding qualities and contributions of employees, we are delighted to announce the winners for Summer 2023.

All the little things you do every day make a huge difference. Thank you for your dedication and willingness to go the extra mile.

DML: Barbara Arias

Galway: Rachael Lawrence

DNE: Courtney Flynn

SOUTH: Caitriona Redden

Limerick: Collette Walsh

WANT TO EARN SOME EXTRA CASH?

It's simple. Refer your friends to work with us!

EARN THE FOLLOWING

- €500 for Staff Nurse / RGN Referral
- €300 for HCA Referral
- €150 for Domestic Referral

T&Cs

Your referral must work a minimum of 150 hours to receive payment. The number of referral fees you can earn are unlimited.
Email your referrals back to your BOOKER today and let your friend know we will be in contact ASAP.

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