

NDA Conference

2016 - Ordinary Homes, Ordinary Places Making Communities

Ciaran Mc Groarty Presentation Tuesday October 11th 2016 Croke Park, Dublin

Introductions

Cíaran McGroarty.



Hello, My name is Cíaran Mc Groarty and I live at home with my sister Sheila

My hobbies are;



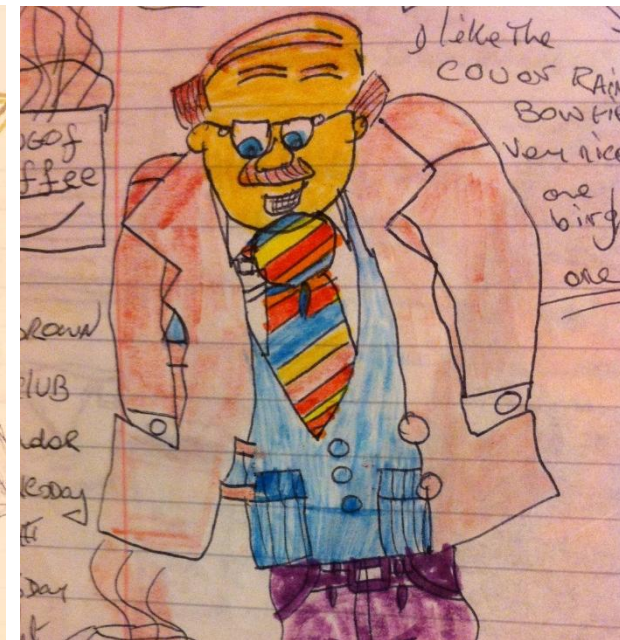
Watching James Bond

Listening to Elvis Presley

Reading books

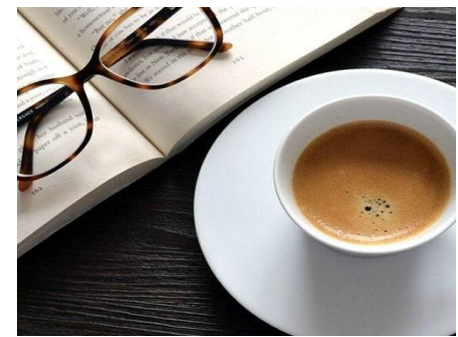
Going for glass of Guinness

Other hobbies are Art;



I enjoy drawing pictures and writing stories in my copy book.

Work Options



I enjoy going to Green street Monday to Friday & meeting my friends & going out for coffee



I enjoy Pottery Classes



using Computers



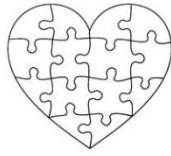
Tennis

Home



- I used to live with my mum and dad but they passed away and are now my guardian angels.
- When this happened, I was heartbroken, scared and confused.
- It was very difficult for my family and I to lose our parents.
- I worried who would take care of me.
- I wanted to stay in my own home that I love and feel safe and secure in.

Family



My family are very important to me



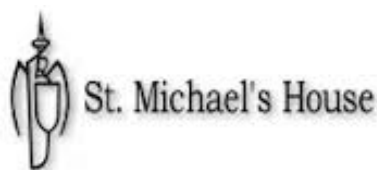
My brother David
My sisters Aine
My sister Sheila
My nephew Devin



Social Worker



1. Contact Social Worker
2. Request a family meeting to discuss options.
3. A home Care Package was suggested by the Social Worker.
4. As a family, we discussed Ciaran's emotional and fragile state. He needed security, structure and his routine to remain in place and the home care package was the best solution for him.
5. We identified what level of support was required to enable Ciaran to continue living at home.
6. St Michaels House prepared a business proposal including the cost for x30 hours of home help per week over 12 Months.
7. An application was submitted by St Michaels House to the Disability Manager in the HSE with support letters from family members & local politicians.
8. The funding was granted for Home Instead to provide care to Ciaran and is due for re-newal in November 2017.



Ciaran's House set up

I have my own side entrance door
I have my own bedroom
I have my own bathroom with toilet and shower
I have my own sitting room
I have my own utility room
I share the main kitchen with my sister



Main carer, Liz



- Every morning from 8 – 9am, I have a carer come to help me get me up and ready for Green Street.
- Every evening, I have a carer from 5 – 10pm to help me in the evenings with dinner, cleaning, showers, food shopping, talk about my day and get ready for bed.



Ciaran's Morning Routine

My Carer helps me with the following;



Ciaran's Morning Routine

Ciaran McGroarty.

Monday to Friday:



Wake up



Get up & make bed



Deodorant/ aftershave



Shave in mirror



Comb hair



Clean underpants



Clean socks



Clean vest



Clean shirt



Jumper



trousers



Tie



breakfast



Cup of tea



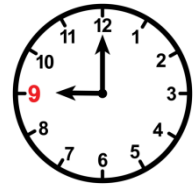
Brush teeth



Mouthwash 1 Minute



backpack



Leave 09.00am



Checklist before leaving the house

My Carer reminds me about the following;



Ciaran's Checklist

Ciaran McGroarty.

Monday - Friday:



1) Purse with money for



2) Travel



3) Keys



4) Mobile

When it is cold / rainy, I must remember:



(Hankie)



(Hat)



(Spare socks)



(Gloves)



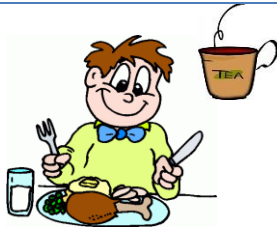
Ciaran's Evening Routine

My Carer helps me with the following;



Ciaran's Evening Routine

Ciaran McGroarty. Monday – Friday:



Dinner & cup tea



Help clean up



Use laptop



Listen to music



Draw pictures



Read book



Clean towel



Shower & wash hair



Dirty clothes utility rm



Pajamas



Watch a bit of t.v



Hot drink



Brush teeth



Mouthwash 1 Minute



bedtime



Sleep well Ciaran!



Ciaran's Weekend Breaks

Host family scheme with Anne Quinn;

My Carer helps me pack my bag

Ciaran's Checklist for weekend breaks

Clothing

Underpants (change daily)
Socks (change daily)
Vests
Shirts ((change daily)
Trousers
Jumper
Slippers
Pajama's
Ties
Spare Hankie
*Plastic bag for dirty laundry



Additional Clothing items

Jacket
Hat
Scarf
Gloves
Hankie



Bus pass
Keys
Phone
Purse with Money
*check money with Sheila

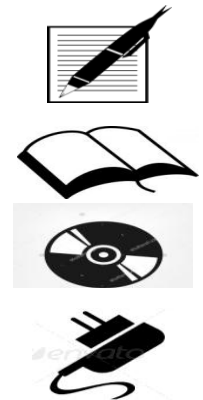
Toiletries Travel Bag

Shaver & charger
Tooth brush
Miniature mouthwash
Face moisturizer
Deodorant
Men's fragrance
Miniature shower gel
Miniature shampoo
Body cream
Hair comb



Accessories

Drawings
Pen & copy book for writing
x1 Book
x3 DVD
x3 CD's
Phone charger
*Check Ciaran has credit



Host Family Scheme,



- Twice a Month, I enjoy going to Anne Quinns for a weekend break.
- After Green Street on Friday, I get the bus to Raheny and walk to her house.
- She lives in Raheny with her dog Sophie.
- We have lots of things in common.
- She likes art and watching movies.
- We go for walks in the park.
- We go into town on social outings.
- We go out for coffee and a chat.
- She knew my Mum and dad and understands when I feel sad.
- She drives me home on a Sunday evening.

Host Family Scheme,



Things I like to do with Anne's support;



Visit churches



Walks in St Annes Park



Taking the bus into town



Conclusion

I like living at home in Clontarf where I feel safe and secure
I like meeting my neighbours who are friendly and helpful
I like going to the local shops where I know the staff
I like going to the local pub & coffee shop and meeting people
I like getting my 130 bus in and out of town independently
I like my carers who look after me during the week
I like being around my family and talking about my Mum and Dad

Thank You



Ciarán Mcgroarty.