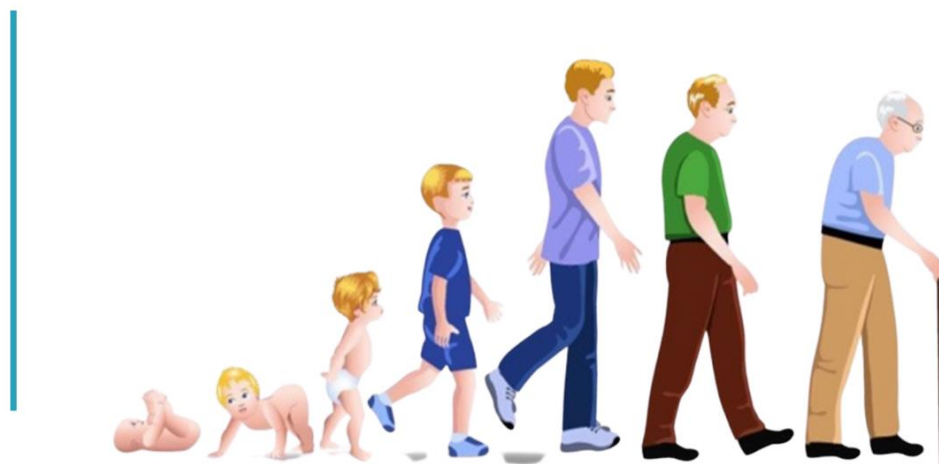




**ST. MICHAEL'S
HOUSE** Services For People
With Disabilities

CHANGING GEARS

LOOKING AFTER YOURSELF
AS YOU GET OLDER



CHANGING GEARS

Developed by
St Michael's House
Registered Charity Number (RCN): 20008932



Changing Gears – Look after Yourself as You Get Older

Changing Gears is an on-line educational resource about what happens when you are getting older. This resource provides information on how getting older impacts on different parts of your body. Then it gives tips on what you can do to adjust to these changes that can happen in your body, your function, your environment and your social circumstances.

The resource is intended for the use of carers, family members, health & social care professionals and St. Michael's House service users. The resource can be used to prompt conversation and learning with people who we are supporting as and when issues arise. Elements from this resource can be used to help set and review My Life Goals, Cosan Goals and be incorporated in Support Plans.

Everyone gets older! We all "Change Gears" to adjust to the changes in our bodies and circumstances. We all get older at different rates.....so some or all of the information contained within this resource is applicable to everybody at some stage in life.




This resource had been created to be available on-line on the internet but if needed you can print off the sections of the resource that are relevant for you or for someone you know so you can have a physical copy. This resource has capacity to be updated with newer information so it is worth printing off up-to-date versions.

Look at the Contents Page to identify what topic is of interest to you or the person/people you are supporting and click on it. You can print out a hardcopy and use it for individual or group discussion and learning.

Note that the resource provides web-based links at the end of each topic to give you further information and supports available online. Click on or copy & paste these links to see more detailed information on the topic of interest to you. This more detailed information can also be printed out if you need a physical copy.

This resource has been developed by a St Michael's House Multi-Disciplinary Team consisting of the following disciplines: dietician, integrated care nurse, nurses, occupational therapist, physiotherapist, psychologist, social care worker, social worker, doctor and speech & language therapist. Please note that this document is not intended to be an easy read document.

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Welcome to Changing Gears – Look after yourself as you get older

When a car gets older sometimes parts of the car change and get worn out. Car parts sometimes may need to be repaired or replaced. The driver takes extra care to look after their car so that the car keeps working and doesn't break down. They don't stop driving the car just because it gets old!! Instead the driver looks after their car even better. The car will get a regular service by a mechanic.

Just like when a car gets older your body also gets older and some parts of your body will also change and get worn out. The driver doesn't stop driving the car when it gets older....So as you get older you don't stop doing the things you always did! But like the car you will need to look after yourself even better. You take care of your body by getting regular health check-ups with your doctor.

The driver may change the way they drive their car to avoid wearing the car out and to keep it going for longer. For example the driver may decide to change gears and drive at a slower speed. The driver may not drive the car as far a distance as they used to. The driver may choose roads that are less bumpy.

To look after your body as it gets older you may change the way you do things too. For example you may still do an activity you like but make certain changes like doing it for a shorter length of time or doing it a slower pace or less often.

As you get older you take care of your body, your brain and your mind even better so that they keep working as well as possible for a long, long time.

Look at the Contents Page to identify what topic is of interest or relevant to you or the person/people you are supporting and click on it for more information on the effect of getting older and what you can do to look after yourself.



Look after your Teeth and Mouth





The Ageing Process - Affect on your Teeth and Mouth

- Problems such as tooth decay and gum disease can affect the health of your mouth.
- Sometimes, false teeth (dentures) are needed to replace damaged teeth or teeth lost because of gum disease.
- As you age, your gums will change shape, and your dentures may need to be adjusted or replaced.
- Maintaining good oral care will keep your teeth and gums strong as you age.
- Healthy teeth and gums make it easy for you to eat well, speak well and enjoy good food.

Dry Mouth

- Dry mouth happens when you don't have enough saliva, or spit, to keep your mouth wet. It can make it hard to eat, swallow, taste, and even speak. Dry mouth can increase your risk of tooth decay & infections of the mouth.
- There are things you can do that may help your dry mouth:
 - ✓ Try sipping water or sugarless drinks.
 - ✓ Avoid smoke, avoid alcohol & reduce your caffeine drinks.
 - ✓ Avoid spicy or salty foods.
 - ✓ Your dentist or doctor might suggest using artificial saliva to keep your mouth wet.

Look after your Teeth & Mouth

- You should visit your dentist regularly for an overall check of your mouth, teeth, gums and dentures.
- Tell your dentist about medications you take.
- Tell your dentist if brushing or flossing causes your gums to bleed or hurts your mouth. If you have are having trouble, ask your dentist to show you the right way to floss & brush your teeth.

Tips for healthy Teeth & Mouth

There are things you can do to take good care of your teeth & mouth and help keep them healthy as you age:

- ✓ Brush your teeth at least twice a day. Use fluoride toothpaste to protect your teeth from decay.
- ✓ Clean between your teeth with dental floss, or a water flosser. This removes plaque and leftover food that a toothbrush cannot reach.
- ✓ Rinse after you floss.
- ✓ Eat a well balanced diet and drink lots of water. Reduce the amount of sugary foods & drinks you would have in your daily diet.
- ✓ Avoid too much alcohol and avoid smoking.



My notes on how to take care of my Teeth and Mouth



Link to St Michael's House Activity Hub:

<https://www.smh.ie/activityhub/resources/health-wellbeing/my-health/#>

Link to <https://brushmyteeth.ie/>

Medical Card: covers one free dental examination in each calendar year, any extractions required, two fillings per year, if same refilling required within 5 years there must be clinical reason and approval by HSE. Root canal for front teeth and denture repair.

Easy Read Documents related to Healthcare: (you will need to create free account and log-in): <https://www.easyhealth.org.uk/users/dashboard>



My notes on how to take care of my Teeth and Mouth



**Look
your**



**after
Eyes**



The Ageing Process – Affect on your Eyes

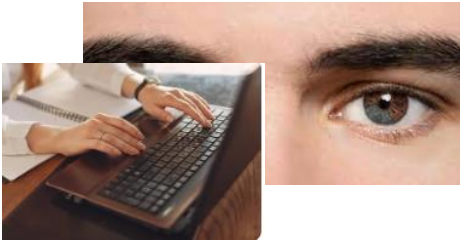
- As you age, it is normal to notice changes in your vision.
- You might notice some of the following:
 - ✓ Losing the ability to see things up close
 - ✓ Having trouble distinguishing colours, such as blue from black
 - ✓ You might need more time to adjust to changing levels of light

Look after your eyes

- Your risk for some eye conditions increases as you grow older.
- It is important to have regular eye exams by your eye care professional so any problems can be spotted early. Treating any problems early can help protect your vision.
- Make a list of your questions and concerns to share with your eye care professional. Tell them which medications you are taking. Some can affect your eyes.
- If you wear glasses get your prescription checked, too. Even small changes in sight can increase your risk for falls. It's important to use the proper prescription glasses.

Tips for healthy eyes

- There are things you can do to take good care of your eyes and help keep them healthy as you age:
 - ✓ Protect your eyes from sunlight by wearing sunglasses that block ultraviolet (UV) and a hat with a wide brim when you are outside.
 - ✓ Avoid smoking
 - ✓ Eating a well balanced diet & drinking water
 - ✓ Staying physically active



If you spend a lot of time at the computer or on your phone take a break every 20 minutes to look away for 20 seconds to prevent eye strain.



Further Information on Eyes

<https://www.seeability.org/resources>

Medical card holders are entitled to a free eye examination and standard spectacles once every two years. This must be approved by your Local Health Office

Easy Read Documents related to healthcare: (you will need to create free account and log-in): <https://www.easyhealth.org.uk/users/dashboard>



My notes on how to take care of my Eyes

Look after



your Feet





The Ageing Process - Effect on your Feet

- As you go through life your feet are under constant pressure and you may experience foot pain from time to time. However regular ongoing foot pain is not a natural consequence of ageing.

Tips for Healthy Feet:

- ✓ Manage your toenails – regularly cut them and keep them short and straight - book an appointment with a chiropodist if necessary.
- ✓ Foot hygiene – wash your feet regularly and wear clean breathable socks everyday. Make sure to dry your feet properly. This helps prevent infections and dry skin which can be painful. Ask your GP or pharmacist about creams to help your feet if there are any signs of infection or dryness.
- ✓ Keep warm – Cold feet can feel painful. Try fluffy socks or lined shoes/slippers to help keep your feet warm. Make sure your shoes/socks aren't too tight as this can

affect your normal blood flow.





- ✓ Insoles/footwear – If your Physiotherapist has recommended insoles or specialised footwear it is important you wear them as this can help prevent any pain or issues with your feet.
- ✓ If you're choosing your own footwear it is important to choose something that fits well and is supportive. The shoe should have a firm heel counter at the back, lightweight and breathable, but not too soft that it twists and bends very easily. Ideally the shoes/runners should be laces/velcro rather than slip on.
- ✓ Refer to the SMH footwear guide or ask your Physiotherapist if you need further information.

Further Information on Feet and Footwear

Chiropody is provided through your local health office and is free to medical card holders and people with disabilities. Referral can be self-made, through your PHN or through your GP.

Easy Read Documents related to healthcare: (you will need to create free account and log-in): <https://www.easyhealth.org.uk/users/dashboard>

Link to St Michael's House Footwear Adult Advice Leaflet



Plan

On

<https://www.smh.ie/services/adult/changing-gears/>



My notes on how to take care of my Feet



Keep Physically Active



Ageing Activity

and

- Ageing mean and not you used do. If never been never too

**Tips for
Strong Body -**
lots of ways to
healthy and



doesn't
sitting down
doing things
to be able to
you've
active it's
late to start.

Healthy

There are
keep
active:



- ✓ Regular activity is an essential part to healthy ageing – 30 minutes per day of moderate activity reduces your risk of osteoporosis, diabetes, heart disease and respiratory disease. It can also help ease muscle and joint pain, reduce your risk of falls, improve sleep and improve your mood.
- ✓ Find something you enjoy and build it into your routine. Walking, Swimming, chair based exercise and tai chi are just some of the many different options out there. Speak to your physiotherapist or leisure centre for information on lots of great groups in SMH and the community to help you get active. **(Add in list of groups/places as appendix?)**
- ✓ There are lots of different ways to incorporate activity into your everyday routine – Take the stairs instead of the lift, get off the bus a stop early and walk the rest of the way.
- ✓ Your aim should be to do a minimum of 30 minutes activity 5 days per week. The activity should raise your heart rate, make you breathe faster, and make you feel warmer.
- ✓ You should also aim to do activities to help with muscle strength at least 2 days per week. This can be anything from carrying groceries to doing chair based exercises.

Ageing does not mean that you will fall

- Falls are a common concern for people as they age.
- But falls are not a natural consequence of ageing.

Tips for Preventing Falls

- ✓ There are lots of things you can do to reduce the risk of falling.
- ✓ As you age your bones and muscles gradually can get weaker however you can help yourself by keeping active and keeping your muscles strong.
- ✓ If you have been prescribed a walking aid it is important that you use it.
- ✓ If you are concerned about falling or have a fall you can contact your Physiotherapist who can offer help and advice.

Further Information on Activity and Falls Prevention



Plan

Easy Read Documents related to healthcare (you will need to create free account and log-in):

<https://www.easyhealth.org.uk/users/dashboard>



Link to St Michael's House Activity Hub:

<https://www.smh.ie/activityhub/resources/health-wellbeing/stay-active/>

Link to St Michael's House Physiotherapy Falls Prevention Leaflet:

On <https://www.smh.ie/assets/files/pdf/1696237491407010131.pdf>

My notes on how to be Active and Prevent Falls



Eat Well to Age Well



**What
you
you**

**diet should
follow as
age?**



- ✓ Include all food groups , avoid processed food/meals and watch portion sizes.
- ✓ Carbohydrate: have at each meal (bread, rice, pasta, potato or cereal . Choose high fibre varieties.



- ✓ Fruit and vegetables: aim for 5 portions per day. These can be fresh, frozen or tinned . If buying tinned fruit, ensure tinned in own juice.
- ✓ Protein :foods such as lean meat, poultry, fish, eggs, beans, pulses and nuts, are very important as you age. Aim to have a protein food at each meal. It helps strengthen muscle . This is important as strong muscles help protect our bones.
- ✓ Fats: include healthy fats in the diet such as omega 3 and omega 6 Some examples are oily fish., nuts and seeds. These foods help boost food and improve brain function.
- ✓ Salt :- avoid cooking with salt or adding to meals:- salt can increase blood pressure. Instead use pepper, herbs and spices.
- ✓ Sugar:-reduce, keep treats to just that, treats! Create habits that allow you to enjoy sweeter foods on occasions, such as at weekends instead of daily.
- ✓ Calcium: Inactivity can cause the bones to lose its calcium, therefore weakening the bones. Ensure you are meeting your body's requirement for calcium. Calcium rich foods include milk, cheese and yoghurts, choose low fat varieties.
- ✓ Vitamin D: Vitamin D is essential for absorption of calcium into our bones, avoids muscle wastage and helps the body utilise protein. Vitamin D is associated with muscle strength and physical performance.
- ✓ Keeping active is essential as you age however small , a good balanced diet helps to fuel your body in being more active.

**** Adapted from INDI Fact Sheet : Good Nutrition for the Older Person 19**

Further Information on Eating Well



Link to St Michael's House Activity Hub:

https://www.smh.ie/assets/files/pdf/smh_resource-healthy_eating_tips.pdf

<https://www.safefood.net/Healthy-Eating/Family-health/Older-adults>

<https://www.bda.uk.com/resource/osteoporosis-diet.html>

My notes on how to Eat Well



Vaccinations - Fighting sickness as you Age



Vaccinations - Fighting sickness as you age

- The immune system is the part of your body that fights sickness and helps us get better when you are unwell. It does this by attacking the germs that cause sickness.
- As you get older, some sicknesses can affect you in a worse way than when you were young. This is because your immune system is not as strong, so it's harder to fight those germs
- There are medicines available to help your immune system to fight the germs that cause Flu, Pneumonia and Covid-19. These medicines are called vaccinations and are usually given as an injection into the arm
- These vaccinations help you to not get seriously ill from flu, pneumonia, or Covid-19
- Your immune system needs that extra help to fight those germs

When should I get vaccinated?

- It is best to be vaccinated in the autumn, before the winter comes. This is because those germs love cold weather and are more likely to cause sickness in the winter time
- At the moment, it is a little different for Covid-19. It is best to follow advice from the HSE about when to get your covid-19 vaccines. Your GP or nurse will have this information.
- It can be confusing when it comes to making decisions about vaccines. There's a lot of conflicting information
- Talk to your GP or your nurse. They understand vaccines and they also understand your worries.

Plan



Further Information on Vaccinations



Easy Read documents related to healthcare: (you will need to create free account and log-in): <https://www.easyhealth.org.uk/resources/category/11-vaccination>

HSE Vaccinations Homepage – Official HSE guidance on website with information on vaccinations including Covid-19 and Flu Vaccine –

- 1). [MainCovid19ResourcePage](#)
- 3). [FluVaccinePage](#)

My notes on Vaccinations

Medications; working with your Doctor and Pharmacist as you age





Medications; working with your Doctor and Pharmacist as you Age

- As you get older you may have more health conditions that require you to take more medication as treatment.
- The way your body changes can affect the way medicines are absorbed and used. For example, changes in your digestive system can affect how fast medicines enter your bloodstream.
- Changes in your body weight can influence the amount of medicine you need to take and how long it stays in your body. Your circulatory system may slow down, which can affect how fast drugs get to your liver and kidneys.
- The liver and kidneys also may work more slowly, affecting the way a drug breaks down and is removed from the body.
- You can become more sensitive to medications, and may become more likely to experience increased side effects, drug interactions, and other adverse drug reactions.

Why should I have my medicines reviewed by a doctor as I get older?

When older people take many different medications they are at greater risk of:

- falls and injury
- dehydration
- functional decline
- cognitive impairment
- delirium
- declining nutritional status
- adverse drug reactions
- hospitalisation

How can I work together with the doctor and pharmacist to manage my medications?

- It is important to go to all your medical appointments.
- Talk to your doctor and pharmacist about your medical conditions, the medicines you take, and any health concerns you have.
 - It may help to make a list of comments, questions, or concerns before your visit.
 - Take a close friend or relative with you if you are unsure about talking to your doctor or pharmacist and would like someone to help you understand and remember answers to your questions.
- All medicines count. Tell your doctor and pharmacist about all of the medicines you take, including prescription and over-the-counter (OTC) medicines, such as pain relievers, antacids, cold medicines, and laxatives. Don't forget to include eye drops, dietary supplements, vitamins, herbals, and topical medicines, such as creams and



ointments. Keep a record of all of your medicines. List all prescription and OTC medicines, dietary supplements, vitamins, and herbals you take.

- Keep in touch with your doctor and pharmacist. If you regularly take a prescription medicine, ask your doctor to check how well it is working. Check to see whether you still need to take it and, if so, whether there is anything you can do to cut back. Don't stop taking the medicine on your own without first talking with your doctor or pharmacist.
- Medical history. Tell your doctor about your medical history. The doctor will want to know whether you have any food, medicine, or other allergies. He or she also will want to know about other conditions you have or had and how you are being treated or were treated for them by other doctors. It is helpful to keep a written list of your health conditions that you can easily share with your doctors. Your primary care doctor should also know about any specialist doctors you may see on a regular basis.
- Eating habits. Mention your eating habits. If you follow or have recently changed to a special diet (a very low-fat diet, for instance, or a high-calcium diet), talk to your doctor about this. Tell your doctor about how much coffee, tea, or alcohol you drink each day and whether you smoke. These things may make a difference in the way your medicine works.
- Recognising and remembering to take your medicines. Let your pharmacist know whether you have trouble telling your medicines apart. The pharmacist can help you find better ways to recognize your medicines. Also tell your pharmacist if you have problems remembering when to take your medicines or how much to take. Your pharmacist may have some ideas to help, such as a calendar or pill box.
- Swallowing tablets. If you have trouble swallowing tablets, ask your doctor, nurse, or pharmacist for ideas. Maybe there is a liquid medicine you could use or maybe you can crush your tablets. Do not break, crush, or chew tablets without first asking your doctor and pharmacist.
- Your lifestyle. If you want to make your medicine schedule more simple, talk about it with your doctor and pharmacist. He or she may have another medicine or other ideas. For example, if taking medicine four times a day is a problem for you, maybe the doctor can give you a medicine you only need to take once or twice a day.
- Put it in writing. Ask your doctor to write out a complete medicine schedule, with directions on exactly when and how to take your medicines. Find out from your primary care doctor how your medicine schedule should be changed if you see more than one doctor.



Further Information on Medication, Working with Doctor and Pharmacist



Link to Activity Hub:

<https://www.smh.ie/activityhub/resources/health-wellbeing/my-health/#>

<https://www.smh.ie/assets/files/pdf/health-passport.pdf>

Link to easy read related to healthcare: (you will need to create free account and log-in):

<https://www.easyhealth.org.uk/resources/category/114-medication>

<https://www.through-the-maze.org.uk/wp-content/uploads/2020/02/EasyRead-guide-about-how-a-pharmacists-or-chemists-can-help-you.pdf>

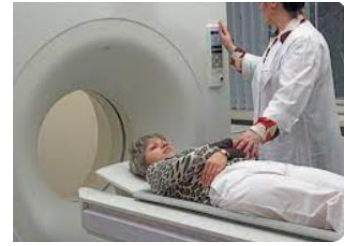


**My notes on my Medicines and Talking to my
Doctor and Pharmacist**



Screenings for disease





Screening for disease

It's important to be aware that as we age, our bodies can change in ways that may cause disease.

- Our bodies may start producing cells that are different to our normal cells. This can lead to cancer.
- There can be changes in our blood that might show there are issues with:
 - cholesterol
 - our organs, such as heart, kidney or liver
 - too much or too little of certain vitamins and minerals
 - too much sugar, which can cause diabetes
- Our bones can become dry and brittle, leading to pains in our bodies and fractures from falls.

Why screen for disease?

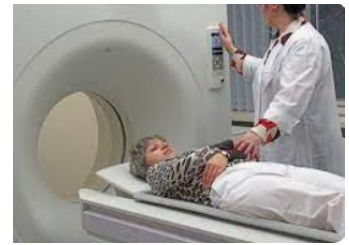
The great news is, there are ways to get ahead of these changes, by screening. Screening gives you the opportunity to take some control over disease. If caught in time, many diseases can be treated through lifestyle changes, medication or a range of other treatments. This can lead to a happier, healthier and longer life.

What is screening?

Screening simply means checking for diseases that are known to occur in certain populations, such as the older population. It has been shown that, if a person has a disability, they are more prone to diseases of ageing and are less likely to report symptoms. This increases the importance of screening in the older, disabled population.

Recommended screenings available:

- Ask your GP or nurse about HSE's 'National Screening Programme', which includes
 - bowel screening programme for over 65's
 - breast screening programme for women over 50
 - cervical screening for women until aged 65
 - diabetic retinal screening for anyone with type 1 or 2 diabetes.



- There are screenings you can do with your GP:
 - annual blood tests to check for disease are vital as we age. Many diseases can be stopped in their tracks or treated successfully if caught in time through a simple blood test. If there is evidence of disease, your GP may advise more frequent blood tests or may refer you for other tests. Your GP may prescribe medication or advise lifestyle changes.
 - PSA level check for men to check for prostate changes.
- There are screenings available through St. Michaels House, these include:
 - eye health check carried out annually in Ballymun clinic by a specialist.
 - referral for a 'dexa' scan to screen for brittle bones. Ask St. Michael's House staff to arrange this.



Further Information on Screening for Disease



National Screening Website: <https://www.screeningservice.ie/>

There is 'easy to read' literature available on all screenings from St. Michaels House.

Link to easy read related to healthcare: (you will need to create free account and log-in):

<https://www.easyhealth.org.uk/resources/category/29-tests>



My notes on Screenings and Getting Tests done



Normal Brain Function as You Age





Normal Brain Function as You Age

After the age of 50 you can experience a gradual 'slowing down' in overall brain function

This means that certain areas of the brain can affect:

- your attention
- your ability to solve problems especially new problems
- your speed of processing
- your memory for recent events

This is a normal process and not something to worry about.

Memory loss can be annoying if it happens occasionally but if it's affecting your daily life or is worrying you or someone you know, you should seek help from your GP.

Tips for keeping the brain strong

You can do many things to help your brain function.

- ✓ Keep doing the activities that you have always done once you can continue to do them safely
- ✓ Exercise for 150 minutes per week
- ✓ Do active 'activities' like playing games, meeting people, going for walks rather than passive activities like sitting watching telly
- ✓ Keep your brain busy – read, play games, solve puzzles, learn new things, have a hobby, volunteer, join a club, garden, attend the theatre, learn a language
- ✓ Cognitive reminiscence activities about life and meaningful aspects of life.
- ✓ Create a supportive environment in which to live:
 - Keep your area quieter
 - Reduce distractions
 - Reduce demands on you
 - Break down big tasks into smaller easy tasks
 - Use visual aids
- ✓ Use memory aids or familiar objects to help you learn new skills or relearn old skills
- ✓ Have a routine schedule and keep consistent
- ✓ Eat a healthy diet and maintain a healthy weight
- ✓ Get enough sleep, including a day time nap if you need one
- ✓ Keep socially active with friends and family



Further Information on Brain Function



Link to St Michael's House Activity Hub:

[CookingIdeas](#)

[ActivitiesToKeepMyBrainHealthy.](#)



My notes on Brain Function



Mental Wellbeing as you Age





Mental Wellbeing in Old Age

- Your ability can affect your mental health. If you are not able to do things this can increase chances of depression, anxiety, isolation and mood swings.
- You can protect your mental health by:
 - ✓ Promotion and maintenance of social networks – keep meeting your friends and family, spend time with staff, look to join new groups if you feel lonely
 - ✓ Giving space to people to talk and feel they are listened to and valued
 - ✓ Keep doing things that are important you – this might be your job, favourite hobby, sports. You can get extra help if you find the old way of doing these things tricky
 - ✓ Keeping people engaged with meaningful activities
 - ✓ Adapting activities to meet changing needs i.e. Dancing to chair dancing, more focus on table top activities
 - ✓ Reducing stressors - adapting environments, altering demands to put less stress on people
 - ✓ Building coping skills to manage changes – relaxation exercises, breathing .
 - ✓ General healthy lifestyle – exercise, healthy diet and ensuring enough sleep.
 - ✓ Life changes like bereavement, change of role/jobs, change in physical ability among others.



Further Information on Mental Wellbeing



Link to St Michael's House Activity Hub:

[ExercisingAndMentalHealth](#)

[MindYourself](#)

[TalkingAboutMentalHealth](#)

[SMHMentalHealthResources](#)

[SMHMentalWellbeingPage](#)



My notes on Mental Wellbeing



Keep Safe and Warm at Home





Keep Safe at Home

It is important to feel safe and comfortable in your home. There are some simple things you can do to ensure that you keep yourself and your possessions safe and reduce the risk of accidents, fires and other issues.

Here are some things you can do to make your home safer; for support please contact your Occupational Therapist:

- **Access:** If your home has steps at the front to access, ensure these are well lit, and that there are grab rails in situ if needed. Please contact OT if you need support in relation to accessibility.
- **Bedroom:** Ensure your bedroom is well lit – avoid energy saving bulbs as these take time to brighten. Use a motion sensor night light when sleeping to illuminate the room should you need to get up to use the toilet. You may also consider an infrared or bed falls sensor to alert your family or staff when you get up at night, so they can assist you. Ensure your bed is a suitable height for safe transfers. Avoid excess clutter or rugs/mats, as these pose a falls hazard. Keep your mobility aids closed by in case you need these at night.
- **Bathroom:** Flooring in the bathroom should be non slip; avoid loose mats and towels on the floor as these can be a falls hazard. Ensure the bathroom floor is dry before you walk. Ensure toilet height is suitable for transfers, OT can advise on adaptations. Grab rails can also be useful by the toilet and in the shower to aid with transfers. Contact OT if you feel your bathroom is not suitable, we can make recommendations.
- **Living Space and Kitchen:** Avoid clutter, loose mats, rugs, throws and wires as these can be a falls hazard. Ensure your home is well lit – avoid energy saving bulbs as these take time to brighten. Have all the items you use regularly at an accessible height, this will avoid over reaching. Ensure your chair is a suitable height for transfers with sturdy arms. Ensure you have a smoke alarm and carbon monoxide alarm, and that these are in good working order.
- **Stairs:** If your home has stairs, ensure the carpet is secured with no loose edges or fraying. Take your time when climbing the stairs. Don't carry items while walking on the stairs. Ensure your stairs are well lit – avoid energy saving bulbs as these take time to brighten. A second grab rail can be installed if needed to support you with climbing the stairs.



Keep Warm at Home:

Keeping warm over the winter months can help to prevent colds, flu and serious health problems such as heart attacks, strokes, pneumonia and depression.

- Heat your rooms to a minimum of 18°C (65°F). If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep.
- Keep your bedroom window closed at night. Breathing in cold air is bad for your health and could put you at risk of a chest infection.
- Use a wheat bag or hot water bottle to keep warm; but be very vigilant to ensure these are securely closed and not too hot to avoid burns and scalds!
- Make sure you are receiving any benefits you are entitled to. Link in with Citizens Advice or your social worker to support you with this.
- Hot meals and drinks help to keep you warm, so have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter.

Wear several light layers of clothes (rather than one chunky layer). Thermal underwear can be good as a base layer.



Further Information on Keeping Safe and Warm at Home



Energy Action Webpage – Website by Energy Action (Charity supporting keeping Peoples Home's Warm) with advice about supports and grants for keeping your home warm - [EnergyAction](https://www.energyaction.ie/)

<https://www.seai.ie/grants/home-energy-grants/fully-funded-upgrades-for-eligible-homes/>

<https://www.gov.ie/en/service/6636c-housing-adaptation-grants-for-older-people-and-people-with-a-disability/>



My notes on how to stay Safe and Warm at Home



Avail of Social Welfare Entitlements



An Roinn Coimirce Sóisialaí Department of Social Protection



Avail of Social Welfare Entitlements

Many medical and community services must be approved by your Local Health Office:

Local Health Office's list

Dublin North	Balbriggan, The Naul, Skerries, Garristown, Oldtown, Lusk, Ballyboghill, Rush, Swords, Malahide, Portmarnock, Darndale, Baldoyle, Coolock, Raheny, Artane and Howth, through the local health office at Cromcastle Road, Coolock, Dublin 5. Services are provided at different locations	Tel: (01) 8164200
Dublin North Central	The Local Health Office is based at Civic Centre, Ballymun, Dublin 11 services are provided at a range of different locations including Clontarf, East Wall, Summer Hill, Killester Marino.	Tel: (01) 846 7000
North West Dublin which covers Dublin 7, 11 and 15	The Local Health Office is based at HSE Dublin North West LHO , Ground Floor, Unit 4 & 5, Nexus Building, Block 6A, Blanchardstown Corporate Park, Dublin 15. and services are provided at a range of different locations.	Tel: (01) 897 5101
Dublin South City.	The Local Health Office is based at Dublin South City Local Health Office, City Lodge, Old Meath Hospital, Heytsbury Street, Dublin 8 and services are provided at a range of different locations	Tel: 017085700
Dublin South East	Sandymount, Ballsbridge, Ranelagh, Donnybrook, Milltown, Dundrum, Ballinteer, Sandyford, & Kilternan, Local Health Office, Vergemount Hall, Clonskeagh, Dublin 6, D06 EY15 and services are provided at a range of different locations.	Tel: (01) 268 0300
Dublin South West	Drimnagh, Crumlin, Walkinstown and Tallaght. The Local Health Office is based at Old County Road Health Centre, Crumlin, Dublin 12 and services are provided at a range of different locations	Tel: (01) 7957300
Dublin West Local Health Office	Palmerstown, Lucan, Chapelizod, Inchicore, Clondalkin, Milltown, Newcastle, Saggart and Brittas and provides a wide range of services from the Local Health Office, Cherry Orchard Hospital, Ballyfermot, Dublin 10 and services are provided at a range of different locations	Tel: (01) 6206000 or (01) 7955000

Disability allowance (DA): This is available for people who have a disability for one year or more. You must be substantially restricted due to disability. It is means tested, you can earn up to €140, if earning between €140 and €375 50% of income is assessed. Over €375 is assessed fully. If living with parents their income is not assessed.

You can live in a residential setting and still receive DA if you meet the criteria. Application form must be signed off by your GP. If you think you have been wrongly refused DA you can appeal this decision. Contact: Department of Social Protection

Social Welfare Services Office
Government Buildings
Ballinalee Road
Longford
Ireland

Tel: (043) 334 0000 or 0818 927 770 Email: DA_InetInfo@welfare.ie



You can get an application form for Disability Allowance (pdf) from:

<https://www.gov.ie/en/service/df6811-disability-allowance/#apply>

<http://www.welfare.ie>

Long-term Illness Scheme (LTI)

LTI card is not dependent on income. Medication will only be approved if associated with your illness.



Application forms are available in your local health centre & GP or online at

<https://www.hse.ie/eng/services/list/1/schemes/lti>

Drug payment Scheme

Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than €80 each calendar month for:

- approved prescribed drugs and medicines
- rental costs for a continuous positive airway pressure (CPAP) machine
- rental costs for oxygen

If you don't have a medical card and you pay more than €80 a month for any of these, you should apply.



Link: Drugs Payment Scheme application form

<https://www2.hse.ie/services/schemes-allowances/drugs-payment-scheme/apply/>

Medical Card

The Medical Card covers:

- GP services including Out of Hours Service.
- Prescriptions are €1.50 per prescription, a maximum of €15 per month. If aged over 70 it is €1.00 per item with a maximum of €10 per month.
- **Community Care Services**
 - **Chiropody** is provided through your local health office and is free to medical card holders and people with disabilities. Referral: self-made, through PHN or through GP.
 - **Home Support Service** available for people aged 65+. It can be approved for people under this age if early onset of dementia or a disability.
 - **Occupational Therapist** available through your Local Health Office (long waiting lists)
 - **Physiotherapy** available through your Local Health Office (long waiting lists)
 - **Public Health Nurse** works in the community providing nursing and medical care.
- **Optical and Ophthalmic Services**
 - Medical card holders are entitled to a free eye examination and standard spectacles once every two years. This must be approved by your Local Health Office
- **Dental treatment services scheme**
 - One free dental examination in each calendar year, any extractions required, two fillings per year, if same refilling required within 5 years there must be clinical reason and approval by HSE. Root canal for front teeth and denture repair.
- **Audiology**
 - Free Audiology services including hearing test and hearing aids. Referrals are made by your GP to the HSE.
 - Audiology services in Dublin are based in Tallaght Dublin 22 and Grangegorman Primary care centre.
- **Injury Clinics** - Injury Units, are free to medical card holders. These are for minor injuries and located at:

Mater Smithfield Rapid Injury Clinic

St. Columcilles Injury Unit

The Forge

Loughlinstown

Dublin 8

Dublin

016579000

012115048

Better Energy Warmer Homes Scheme

Family carers in receipt of Domiciliary Care Allowance or Care Allowance are eligible for the Better Energy Warmer Homes Scheme. The scheme offers free energy efficiency upgrades to homeowners helping make your home warmer, healthier and cheaper to run.

Improvements include attic/cavity wall/external wall/internal wall insulation; replacement windows; heating upgrade; heating controls; ventilation; draught proofing. For more details and to download the application form, please visit



<https://energyaction.ie/ea/contact-warmer-homes/>

<https://www.seai.ie/grants/homegrants/warmer-homes-scheme/>

Disabled drivers' & passengers tax relief

Drivers or passengers with physical disabilities, who use a specially adapted motor vehicle, are entitled to claim exemption from vehicle registration tax and VAT on their vehicles, and exemption from annual road tax. Since 1 January 2015 if you qualify for tax relief under the scheme you are also eligible for a Fuel Grant

by parents of a child with a disability.

Application forms are available from the Office of Revenue Commissioners.

Disabled persons' parking card/ car adaptations

Available to drivers, or passengers, with a disability which affects their mobility (aged 5 or over) for use in any car in which they travel.

Apply in writing, for an application form, to the Irish Wheelchair association or Disabled Drivers Association of Ireland. These two associations also provide advice on suitable car adaptations to meet individual needs

<http://www.citizensinformation.ie>

<http://www.revenue.ie>



Application forms are available in your local health centre & GP or online at

<https://www.hse.ie/eng/services/list/1/schemes/lti>

Housing Adaptation Grant

People with a disability can avail of a grant from the local authorities, if you need to make changes to a home to make it more suitable for a person with a physical, sensory or intellectual disability or mental health difficulty. The grant can help you to make changes and adaptations to your home, e.g. making it wheelchair accessible, extending it to create more space, adding a ground floor bathroom, toilet or stair lift. If you require minor work, you can apply for the means tested Mobility Aids Grant scheme instead.

Allowance for employing a carer

This tax allowance of up to €75,000 at your highest tax rate is available where a person is employed to care for a person with a disability. One or more family members of the person being cared for can claim the allowance. Contact your local tax office.

Legal Advice

FLAC is the Free Legal Advice Clinic. They are an independent body that offers free and confidential legal advice. Anyone can contact FLAC for advice. FLAC clinics are held at Citizen Information centres. For more information <http://www.flac.ie> or 018745690

Additional resources – several services have excellent web resources:

- **Sign Language Interpreting Service (SLIS)** is the national Sign Language Interpreting Service for Ireland. SLIS provide a range of services to support quality interpreting in Ireland for Deaf people and public and other services. SLIS is supported and funded through the Citizens Information Board. www.slis.ie
- **Assistive technology** If you are a medical card holder you may be entitled to get certain aids and appliances for free. If you are not sure what equipment you need, or how to get it, contact your local public health nurse in your local health centre. Information on living aids, mobility aids and assistive technology. www.assistireland.ie
- **Citizens Information** You can find a lot of useful information at Citizens Information on rights and entitlements for people with disabilities, including around welfare payments, transport and mobility, education and grants, employment, housing, tax credits and health and community based supports.

You can call the **Citizens Information Phone Service on 0818 07 4000**.

In addition to the Citizens Information website, you can drop into a Citizens Information centre, to talk to someone in person. Find a Citizens Information Centre near you on this map: <https://centres.citizensinformation.ie/>

The Ombudsman examines complaints from people who feel they have been unfairly treated by a public service provider. The Ombudsman can examine complaints against most organisations that deliver public services. These include government departments, local authorities, the HSE, nursing homes and publicly funded third level education bodies.

- **Irish Human Rights and Equality Commission** If you feel you have experienced discrimination, either at work or when buying or accessing goods or

services, or have had your rights denied because of your disability, you can contact the Irish Human Rights and Equality Commission for information and support.

- **Workplace Relations Commission** If you have experienced discrimination because of your disability at work or when buying or accessing goods or services, including from a public sector organisation, you can make a complaint to the Workplace Relations Commission.
- **National Disability Authority** This is the State Agency with responsibility for development of best practice policy in relation to disability issues in Ireland.
- **Inclusion Ireland** Inclusion Ireland is the national association for people with intellectual disabilities in Ireland. It campaigns for people with intellectual disabilities' rights, and can provide information and support. Inclusion Ireland has a self-advocacy toolkit, to help people to advocate for themselves.
- **Disability Federation of Ireland** The Disability Federation of Ireland campaigns for equal inclusion for all people with disabilities in Irish society.
- **Irish Advocacy Network** The Irish Advocacy Network Ltd is an island-wide, independent, mental health organisation led by people with personal experience of mental health difficulties.
- **www.familycarersireland.ie** Provide advice and support to carers; become a member for €20 per year. Offer a **FREE Emergency Scheme** that ensures that the person you care for will continue to receive the support they need during a time of crisis and from people you trust. 24/7 emergency helpline.
- **Disability Parking Permits** are available from the Irish Wheelchair Association:
 - <https://www.iwa.ie/services/motoring/guide-to-the-disabled-persons-parking-permit/>
- **Meals on Wheels:** <https://mealsonwheelsnetwork.ie/>
- **Free Legal Advice Centre (FLAC)** is an independent voluntary human rights organisation dedicated to the realisation of equal access to justice for all. FLAC offers free basic legal advice. FLAC does not offer a representation service.
<http://www.flac.ie>
- **Legal Aid Board** provides legal aid and advice in civil cases to people in Ireland who meet certain requirements (mainly their means must be below a certain limit and there must be merit in the case. <http://www.legalaidboard.ie>



My notes on Social Protection supports I can apply for

Keep doing what you Enjoy



Keep Doing What You Enjoy, Adapt to changes but don't stop

Keep doing what you need and want to do!

When you get older, you find that you may not be able to do the things you need and want to do in the same way as previously.

But this doesn't mean you should stop doing those things you need and want to do.

You just need to find another way!

Link in with your Occupational Therapist to support you to find new ways of engaging in the occupations you need and want to do on a daily basis. The next page gives some ideas, *but the options are endless!*

Adapt to Changes, Don't stop doing things



Adapting your Daily Activities– Occupational Therapists (OT) can help

Self Care:



Toileting:

Please contact your OT if you are having trouble getting on and off the toilet, rails and toilet height review may be helpful. If you are having difficulties wiping after using the toilet, using wet wipes can help, or a long handled wiping aid may be useful.

Showering:

A seat in the shower may be useful if you are having difficulties standing for a prolonged period, please contact your OT. If you are unsteady or have a fear of falls, grab rails may be useful. Again, please contact your OT. If you are having trouble washing your back or feet, a long handled sponge may be useful.

Grooming Tasks:

If you are having trouble standing at the sink for prolonged periods, a perching stool may be useful. Keep all toiletries in an easy to reach cabinet or place.

Using Cutlery & Food Preparation:

If you are preparing a meal, consider pre chopped vegetable and foods which take less effort to prepare. Consider tinned foods which are easy open rather than using a tin opener. If holding cutlery is difficult, you can try using cutlery with built up handles. Other food preparation tools such as build up chopping boards are also useful.

Dressing:

Consider loose, comfortable clothing which is easy to take on and off. Try to avoid small zips, buttons and fasteners. Ensure your clothes are not too long or trailing on the floor, as this can be a trips hazard. If bending to tie shoes is difficult, consider Velcro fastening shoes.

Repositioning:

There is equipment that can help with getting out of your car

Productivity:

Household Chores:

Consider which chores are accessible for you. While you may need assistance with larger chores, some such as emptying the dishwasher, dusting or tidying away may still be accessible for you

Transport:

Be aware of what public transport is available to you

Leisure:

Engage in activities which you find meaningful. Here are some ways of adapting popular leisure activities

Walking:

Incorporate active leisure into your daily routine. Link in with Physio in relation to your mobility aids.

Yoga/Exercise:

Consider chair yoga and other seated exercise programs.

Card Games:

Use large print cards and a card holder.

Reading:

Consider large print books or audio books.

Painting:

Consider using an easel to hold your painting upright as you paint. Painting brushes with large, easy grip handles are also available.

Community Groups:

Join community groups to meet new friends. Age Action Ireland have U3A groups throughout Ireland where members can meet and engage in experiences that they enjoy (poetry, theatre visits etc). Friends of the elderly also have a social club. Men's shed also have activities available.



My notes on how to adapt the way that I do the things that I enjoy

Take Home Message



Take Home Message



Have a Plan to:

1. Stay active or become more active
2. Socialise regularly, spend time with other people and have regular chats
3. Keep your brain busy with activities like making puzzles, working, gardening, volunteering etc.
4. Keep on top of your health (get your eyes and ears tested, have your vaccinations and get your medicines reviewed)
5. Look after yourself - keep your home warm, eat well and don't put off asking for help or getting the supports you are entitled to



Just because you are getting older doesn't mean you have to stop doing the things that you like, want and need to do!!

Think about the way you do things. Decide to make small changes to the way you do things so that you can continue to live a full and healthy life of your choosing.

This guide can be downloaded online at the following location:

<https://www.smh.ie/services/adult/changing-gears/>

Safety

This guide contains general information which we hope will be of use to you. Your individual case may well have specific circumstances that apply to it and so this guide should not be read as specific advice given to you, it should not be relied on as a basis for any decision or action you take in respect of the matters it covers and it should definitely not be used as a substitute for seeking specific advice from an appropriately qualified and experienced professional (generally, your GP).

St Michael's House Contributors to Changing Gears guide:

Suzie Caplis Senior Occupational Therapist, Karen Dolan Physiotherapy Manager, Niamh Hogan CMN1, Denise McCarthy Dietician Manager, Diarmuid McGarry Clinical Psychologist, Jenny O'Brien Speech and Language Therapy Manager, Niamh Quinn Senior Physiotherapist, David Rossiter Senior Physiotherapist, Linda Ryan Social Worker, Anne Spencer CMN2 Integrated Care, , Sarah Warren CNSp Dementia, Staff and Service Users of Moyle Road Day Service



Appendix of links contained throughout resource

TEETH & MOUTH



<https://www.smh.ie/activityhub/resources/health-wellbeing/my-health/#>

www.brushmyteeth.ie

<https://www.easyhealth.org.uk/users/dashboard>

EYES



<https://www.seeability.org/resources>

<https://www.easyhealth.org.uk/users/dashboard>

FEET



Easy Read Documents:

<https://www.easyhealth.org.uk/users/dashboard>

http://b-cms01.smh.ie/index.php?option=com_phocadownload&view=category&id=73:physiotherapy&Itemid=129#

Link to St Michael's House Footwear Adult Advice Leaflet

(To be linked – see attachment)

PHYSICAL ACTIVITY

Easy Read Documents related to healthcare:

<https://www.easyhealth.org.uk/users/dashboard>

<https://www.smh.ie/activityhub/resources/health-wellbeing/stay-active/>

St Michael's House Falls Prevention Leaflet – Downloadable leaflet with advice on the best ways to keep yourself safe and protect yourself from falling -

<https://www.smh.ie/services/adult/changing-gears/>

St Michael's House Deconditioning Booklet - Downloadable leaflets with advice on the best ways to keep your body and muscles strong and health -

[MakeEveryMoveCountStaffGuidance](#)

[DeconditioningPreventionProgramme](#)

St Michael's House Exercising for Older Adults Booklet – Advice on the best exercises and activities that older adults can engage in to maintain their physical wellbeing -

[ExercisePlanningForOlderAdults.](#)



EAT WELL

SafeFood – Website with resources and advice about dietary requirements for older adults - [EatingWellForOlderAdults.](#)



BDA (The Association of UK Dieticians) – Website with information on preventing osteoporosis including dietary recommendations for older adults -

[PreventingOsteoporosis](#)

VACCINATIONS

HSE Vaccinations Homepage – Official HSE guidance on website with information on vaccinations including Covid-19 and Flu Vaccine



1). [MainCovid19ResourcePage](#)

3). [FluVaccinePage](#)



MEDICATIONS AND WORKING WITH YOUR DOCTOR AND PHARMACIST

Link to Activity Hub:

<https://www.smh.ie/activityhub/resources/health-wellbeing/my-health/#>

<https://www.smh.ie/assets/files/pdf/health-passport.pdf>

Link to easy read related to healthcare:

<https://www.easyhealth.org.uk/resources/category/114-medication>

SCREENINGS

National Screening Service Website – Website with information about the National Screening Service and gives information about the four main screening programmes being run at a national Level - [ScreeningServiceIreland](#)



Link to easy read related to healthcare:

<https://www.easyhealth.org.uk/resources/category/29-tests>

BRAIN HEALTH

St Michael's House Skills Learning Ideas – Resource with loads of ideas about skills that you can develop to keep your brain healthy and active - [ActivitiesToKeepMyBrainHealthy](#).



St Michael's House Recipes Ideas – Resource with loads of ideas about different meals you can cook as a way to keep your mind learning and active - [CookingIdeas](#)

MENTAL WELL BEING

St Michael's House Exercise and Mental Wellbeing Booklet – Resources to help the understanding between exercising and mental health - [ExercisingAndMentalHealth](#)



St Michael's House Mind Yourself Webpage – Webpage with ideas and tips around simple ways to mind your mental health and wellbeing - [MindYourself](#)

St Michael's House Booklet about Supporting Mental Health – Booklet with advice regarding how to support a service user talk about and look for support with their mental health [TalkingAboutMentalHealth](#)

St Michael's House Mental Health Resource Page – Webpage with resources about supporting service user mental health - [SMHMentalHealthResources](#)

St Michael's House Wellbeing Page – Webpage with recommendations and supports to improve mental wellbeing - [SMHMentalWellbeingPage](#)

KEEP SAFE AND WARM AT HOME

Energy Action Webpage – Website by Energy Action (Charity supporting keeping Peoples Home's Warm) with advice about supports and grants for keeping your home warm - [EnergyAction](#)



<https://www.seai.ie/grants/home-energy-grants/fully-funded-upgrades-for-eligible-homes/>

<https://www.gov.ie/en/service/6636c-housing-adaptation-grants-for-older-people-and-people-with-a-disability/>



An Roinn Coimirce Sóisialaí
Department of Social Protection

DEPARTMENT OF SOCIAL PROTECTION SUPPORTS

Here are a list of organisations and their websites that provide a variety of information and supports to help you with questions about money, work, your rights, advocacy, access to grants and payments as well as other welfare supports.

Financial Supports

Disability Allowance – Downloadable form for the Disability Allowance - [DisabilityAllowanceDownloadableForm](#)

Welfare Main Webpage – Official government webpage of the department of social welfare with information about the various social welfare supports available to you - www.welfare.ie

Revenue.ie Homepage – Main homepage for Revenue.ie - <http://www.revenue.ie>

Medical/Medication Supports

Long Term Illness Scheme Webpage – Webpage with information about various free medicinal supports and appliances that you are entitled to apply for if you have certain long term medical illnesses or disabilities - [LongTermIllnessSupports.](#)

Drugs Payment Scheme Application Form – Link to downloadable version of the Drugs Payment Scheme Application Form - [DrugsPaymentScheme](#)

Communication Supports

Assist Ireland – Webpage on the Citizen's information act that provides some information about aids, appliances and assistive technology that can help you undertake everyday activities of daily living - www.assistireland.ie

Sign Language Interpreting Service (SLIS) – Organisation that provides and advocates for the support of people with hearing difficulties by promoting the availability of quality interpretation services for people with hearing difficulties in Ireland - www.slis.ie

Advocacy and Information Supports

Citizens Information – Website with information about your rights and entitlements - [Citizen'sInformation](#)

Free Legal Advice Clinic – Website of the Free legal Advice Clinic (FLAC) organisation which is an independent, voluntary organisation that helps people to understand and access their legal rights. FLAC offers some basic legal assistance **for free** and **in confidence** - [FreeLegalAdviceClinic](#)

Family Carers Ireland – National Charity providing support to families nationwide who support family members with additional needs such as physical and intellectual disability - www.familycarersireland.ie

The Irish Advocacy Network – National independent mental health organisation led by people with experience of mental health challenges who aim to promote others by offering peer advocacy, information and support to clients - [Irish Advocacy Network](#)

The Disability Federation of Ireland – Organisation that represents the interests and the expectations of people with disabilities to be fully included in Irish society - [Disability Federation of Ireland](#)

Inclusion Ireland – National voluntary organisation working to promote the rights of people with an intellectual disability in Ireland to ensure their full and equal participation in society - [Inclusion Ireland](#)

The National Disability Authority – The independent body that provides information and advice to the government on practices and policies needed to support the lives of people with disabilities - [National Disability Authority](#)

The Workplace Relations Commission (WRC) – The WRC is an independent statutory body to which all industrial relations, disputes and complaints about employment laws are referred. The main functions of the WRC are to promote and maintain good workplace relations for all individuals - [Workplace Relations Commission](#)

The Irish Human Rights and Equality Commission – The Irish Human Rights and Equality Commission is an independent public body, with the main aims of protecting and promoting human rights and equality in Ireland - [Irish Human Rights and Equality Commission](#)

Sage Advocacy is the national Advocacy service for older people. It also supports vulnerable adults and healthcare patients in certain situations where no other service is able to assist. <https://www.sageadvocacy.ie/>

Disability Parking Permits are available from the Irish Wheelchair Association: <https://www.iwa.ie/services/motoring/guide-to-the-disabled-persons-parking-permit/>

Meals on Wheels: <https://mealsonwheelsnetwork.ie/>