

2025

Information Booklet for



Older People in Co. Monaghan

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Welcome...

Welcome to Monaghan Integrated Development and Monaghan County Council's information booklet for older persons in Co. Monaghan which has been developed by Monaghan Integrated Development in partnership with the Monaghan Age Friendly programme. It is our hope that this information booklet will help you find out important information on a range of topics that will help you in your day-to-day life.

The booklet is too small to include all the information of relevance to Older People. We would encourage all readers to visit the Citizens Information website, www.citizensinformation.ie and check out the vast amount of information it contains on services and individual rights & entitlements.

These are listed under the following headings:

- Social Welfare
- Education and Training
- Housing
- Health
- Moving Country
- Travel and Recreation
- Government in Ireland
- Returning to Ireland
- Employment
- Family and Relationships
- Money and Tax
- Justice
- Death and Bereavement
- Consumer Affairs
- Environment

Irish Citizens enjoy many rights and entitlements from their state. However, they are often

- unaware of these entitlements,
- don't know how to claim them from the relevant agency
- or fear that applying for one benefit will lead to the loss of another.



This booklet aims to be accessible to all citizens of Co. Monaghan. If you do not have access to a computer you can request help to access the information you require by contacting:

Local **CIC** offices (Citizens Information Centre)

Monaghan CIC H18 D232.	North Road, Monaghan, Wednesday T: 0818 07 6230	Monday to Friday 9.00am – 4.00pm 9.00am – 1.00pm
Carrickmacross CIC	Old Workhouse, Shercock Road, Carrickmacross, A81 E372. T: 042 966 3454 0818 076 200	Monday to Friday 9.15am – 4.45pm Wednesday 9.15am – 1.00pm
Clones Outreach CIC	Clones Public Library, 98 Avenue, Largy, Clones, H23 RW 70. T: 047 74712	Monday 2.00pm – 3.30pm

Webpage: **www.citizensinformation.ie**

The library service offers free computer and internet access which will help you to access on line supports from CIC and other services (see page 19)

Taking Care of your Health



People face different health problems as they age. Simple actions such as looking after your general health, keeping mobile and active, getting the right vaccinations and having regular health and dental check-ups can help ensure that you stay out of hospital and in your own home for as long as possible.

Being open about discussing health issues with your family doctor can prevent disease and extend the lives of older adults. Prevention is always better than cure, so visit your GP for a regular check up in the year ahead.

GP Services in County Monaghan

Ballybay	Dr Jack Crummie, Dr Brian Norton, Dr Lorraine Duffy T: 042 974 1095 E: brian.norton@healthmail.ie
Castleblayney	Dr Mary Flannagan T: 042 974 6557 E: mary.flanagan@healthmail.ie
	Market Square Surgery Dr Michael Clarke, Dr Mary O'Duffy T: 042 974 0757 E: michael.clarke@healthmail.ie
Clones	Dr Deirdre Smyth Moran, Dr Larry Moran T: 047 51919 E: larry.moran@healthmail.ie
	Dr Seamus Clarke T: 047 52323 E: clonessurgery.gp@healthmail.ie

Monaghan
Town

Dr Kieran Bourke
T: 047 72115 E: kieran.bourke@healthmail.ie

Dr Sheelagh Prosser
T: 047 83449 E: drprosserooffice@gmail.com

Swan Park Surgery
Dr Illona Duffy, Dr Francis Balmer,
Dr Irina Samachis, Dr Michelle Drury
T: 047 81321
E: swanparksurgery.gp@healthmail.ie

Castlemeadow Family Practice
Dr Cora Browne, Dr Aoife McCormack
T: 047 81466
E: castlemeadowfamilypractice@healthmail.ie

Dr Aideen Brides, Dr Vincent Brett
T: 047 81986 E: vincent.brett@healthmail.ie

Monaghan Medical centre
Dr Nuala Barry, Dr Imelda Hackett
T: 047 81168 E: nuala.barry@healthmail.ie

Emyvale

Dr Martin Watters
T: 047 87204 E: martin.watters@healthmail.ie

Carrickmacross

Dr Laura Breen
T: 042 969 0222 E: laura.breen@healthmail.ie

Dr Paschal Larney
T: 042 966 1274 E: paschal.larney@healthmail.ie

Cloughvalley Practice
Dr Miriam Clarke, Dr Shane Corr
T: 042 966 3233
E: grouppractice.gp@healthmail.ie

Avenue Practice
Dr David Doran, Dr Shona McCarthy,
Dr Conor Moran
T: 042 942 3080 E: info@avenuegp.ie

Out of Hours GP Support North East Doc on Call (NEDOC)

Provides urgent out of hours GP care and is the service that you contact for urgent care when your surgery closes in the evening and over the course of weekends and bank holidays.

NEDOC is an appointment only service and is not a walk-in clinic.

You can call NEDOC anytime on **1800 777 911** from **6pm – 8am Monday to Friday** and **24 hours** at weekends and bank holidays.

NEDOC services for Co. Monaghan are located at Bree Road, Castleblayney, Co. Monaghan. A75 PR66.

Monaghan Minor Injury Unit Monaghan Hospital

A minor injuries unit is operating at Monaghan Hospital and can be used to deal with injuries as outlined below:



LOCAL INJURY
Monaghan Hospital

OPEN MON – SUN 8AM – 8PM
LAST PATIENT CHECK-IN IS 7PM
CLOSED 25TH & 26TH DECEMBER

We Treat & X-Ray as needed:

- ✓ Broken bones, sprains and strains, from knees to toes
- ✓ Broken bones, sprains and strains, from collarbone to fingertip
- ✓ Minor facial injuries (including oral, dental and nasal injuries)
- ✓ Minor scalds and burns, Wounds, bites, cuts, grazes and scalp lacerations (cuts)
- ✓ Small abscesses and boils, Splinters and fish hooks
- ✓ Objects stuck in eyes, ears or nose
- ✓ Minor head injuries (fully-conscious patients, who did not have loss of consciousness or vomit after the head injury).

047 38835 www.hso.ie/injuryunits Cavan Monaghan Hospitals are smoke free campuses

FOR PATIENTS 5 YEARS & OVER

Scan this QR Code for more information and to download

Logos: RCSI HOSPITALS, HSE, hi

If you are unsure if you can be treated please contact **047 38835**.

Primary Care Centres

Primary Care is all of the health or social care services that you can find in your community, outside of hospital. It includes GPs, Public Health Nurses and a range of other services. They provide a single point of contact to the health system.

Monaghan Primary Care	St Davnets Campus, Rooskey, Co Monaghan.	T: 047 95500
Ballybay Health Centre	Main Street, Ballybay, Co Monaghan.	T: 042 974 1157
Clontibret Health Centre	Clontibret, Co Monaghan.	T: 047 80884
Castleblayney Health Centre	Thomas Street, Castleblayney, Co Monaghan.	T: 042 967 9880
Carrickmacross Primary Care	Oriel Road, Carrickmacross, Co Monaghan.	T: 042 96 74800
Clones Primary Care	98 Avenue, Clones, Co Monaghan.	T: 047 58140
Smithboro Health Centre	Smithboro, Co Monaghan.	T: 047 95775
Emyvale Health Centre	Unit 6, Emyvale Enterprise Centre, Emyvale, Co Monaghan.	T: 047 70412 047 70411

Hospitals Servicing County Monaghan

Monaghan General Hospital	Mullagh Monaghan, Monaghan Town, Monaghan, H18 NV91.	T: 047 81811
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(see page 5 for details on minor injuries unit)

All major accident and emergency cases are taken to:

Cavan Hospital	Lisdarn, Cavan Town, Cavan, H12 Y7W1.	T: 049 437 6000
Our Lady of Lourdes Hospital	Drogheda	T: 041 983 7601
Our Lady's Hospital	Navan	T: 046 907 8500

Monaghan Hospital Information

<i>Department / Wards</i>	<i>Telephone No.</i>	<i>Opening Hours</i>
Main Reception: <i>Service available: Mon-Fri 8am to 5pm. No receptionist cover outside of these hours</i>	047 38800	Mon - Fri 8-5pm
Rossmore	047 38819	24/7
The Meadow	047 38820	24/7
Willowbridge	047 38832	24/7
The Diamond	047 38874	24/7
Coolshannagh <i>(Endoscopy)</i>	047 38866	Mon - Fri 8-4pm
The Blackwater <i>(Day Procedure)</i>	047 38800 ext. 722	Mon - Fri 8-4pm
Dartry <i>(Haemachromatosis Service)</i>	047 38800 ext. 738	Mon - Wed 8- 4pm
Minor Injury Department	047 38835	Mon - Sun 8am - 8pm
Radiology Department <i>(X-Ray / DEXA / Ultrasound)</i>	047 38825	Mon - Fri 9am - 5pm
Outpatients Department	047 38852	Mon - Fri 8am - 5pm
Cardiology Department	047 38891 047 38884	Mon - Fri 9am - 4pm
Phlebotomy Service <i>(by appointment only & have a completed blood form request with you)</i>	047 38852	Mon & Thurs 9am -12:30pm
Warfarin Clinic	047 38852	Wed & Fri 8am - 10.45am
Cavan Hospital	049 4376000	24 /7

Monaghan Hospital

Routine Specimen Collection

Within normal working hours Monday to Friday
Routine Specimen Collection for:

GP/External specimens for transport to Cavan General Hospital

- Routine Specimen collection Monday to Friday 8am to 4:30pm ONLY.
- Drop off point for specimens is at the back of the Hospital at entrance to the Minor Injury Unit.

Hospital Shuttle Bus

Cavan Monaghan Hospital Shuttle Bus Schedule

- Monday to Friday 8am – 16:45pm (excluding Bank / Public holidays).
- You need to present with: Appointment Letter / Card or a Text Message when using this bus.
- No requirement to book a seat on this shuttle bus.
- **STRICTLY PATIENT USE ONLY**

Departs	Monaghan Hospital	09:00
	to	11:00
	Cavan Hospital at:	14:00
		16:45
Departs	Cavan General Hospital	08:00
	to	10:00
	Monaghan Hospital at:	13:00
		15:45

Cavan & Monaghan to Dublin Outpatient Transport

- Booking via Local Link Cavan Monaghan on behalf of Cavan Monaghan HSE.
- Passengers must book in advance and be the holder of a current medical card. Medical Cards and proof of appointment must be presented on the day of travel.
- **€4 daily charge for using service**

Telephone **047 51840**

<i>Time</i>	<i>Location</i>	<i>Time</i>	<i>Location</i>
7:00am	Monaghan General	7:00am	Cavan General
7:15am	St Marys Castleblaney	7:10am	Lavey Bus Stop
7:30am	CMX Court House	7:30am	Virginia Riverfront Hotel
8:00am	Drogheda Main Entrance	7:45am	Kells Bective Street (only)
		8:00am	Navan Waiting Area A&E

Buses leave Dublin at 1:30pm (approximately): Drivers will coordinate the passenger pickups around the hospitals in Dublin on the day of travel, arranging times to facilitate the 1:30pm departure.

NOTE

- Pickup in Drogheda, Kells, Navan, is subject to prior bookings from the shaded areas in the timetable. These pickups will only be facilitated where there is no impact on other passenger appointments.
- For a list of Dublin hospitals attended, please call the booking office at the number above.

This Transport DOES Not Serve:
Beacon, Hermitage, Dun Laoghaire

Medical Card/GP Visit Card

Everyone aged 70 and over is entitled to a GP only Visit Card regardless of income.

- For couples, if one of you is aged 70 or over, you will both qualify for a GP card if your combined gross income is over €1050 but not greater than €1400 a week. If either of you are aged over 70, you will both qualify for a full medical card if your combined gross income is €1050 or less per week.
- To find out if you are entitled to a Medical or GP Visit card talk to your GP or Public Health Nurse as income thresholds are subject to change from time to time.

Home Support Service

The HSE Home Support Service (formerly called the Home Help Service or Home Care Package Scheme) aims to support older people to remain in their own homes for as long as possible and to support informal carers.

The Home Support Service provides you with support for everyday tasks including:

- getting in and out of bed
- dressing and undressing
- personal care such as showering and shaving

The support you will receive depends on your individual needs. These supports will be provided by the HSE or by an external provider, approved by the HSE. The service is free, you do not need a medical card to apply and your income will not be assessed. The Home Support Service is available to people aged 65 or over who may need support to continue living at home or to return home following a hospital stay. Sometimes exceptions are made for people younger than 65 who may need support. For example, people with early onset dementia or a disability.

To access a Home Support Service, you can be referred by your GP, PHN or health care professional and an assessment will be carried out. Talk to your GP or PHN.

Social Prescribing

Social Prescribing is a free service that aims to reduce social isolation and improve people's health and wellbeing.

Social Prescribing Link Workers focus on "what matters" to the individual and provide information on social groups, exercise classes, volunteering opportunities, adult education, support services and much, much more.

<i>Name</i>	<i>Contact Details</i>	<i>Area's Covered</i>
Sandra Anderson	Clones Family Resource Centre, Unit 5, Clones Technology Park, Clones, Co. Monaghan, H23 AE75. Tel: 086 140 7848 Email: socialprescribing@clonesfrc.ie	Clones Ballybay Castleblayney
Mary Hall	Teach na nDaoine Family Resource Centre, Oriel Way, Monaghan, H18 D218. Tel: 085 841 5842 Email: socialprescribing@teachnadaoine.com	Monaghan North Emyvale Carrickmacross

Public Health Nursing Service

Public health nurses and community registered general nurses deliver care across the lifespan to, individuals, families and communities.

The services include wound care, injections and end-of-life care in the home. Public Health Nurses accept individuals referred to them from their GP (own doctor) and acute hospitals (hospitals that provide medical and surgical services). You may need to satisfy eligibility conditions to use their clinical services. You may also self refer.

- provide guidance and information about how best to plan your care. We do this after a full nursing assessment.
- support, monitor, and assess your care.
- assess and provide treatment to people after they have left acute hospitals.
- identify and support applications for home support services like homecare packages.

- provide health protection and health promotion information and advice to individuals, families and groups.
- provide palliative and end-of-life care and community oncology (cancer) care.
- have specialist nurses for managing wounds. In some regions, we also provide continence care (help with toilet-related matters).
- provides support to people with disabilities.

Many areas have specialist palliative teams.

Cross Border Directive

Get healthcare in another European state through the Cross Border Directive (CBD) scheme.

The Cross-Border Directive (CBD) is a scheme to get planned healthcare in another European Union (EU) or European Economic Area (EEA) member state and only covers treatments that are publicly funded and available in Ireland. You must pay first for any healthcare that you get abroad but can apply to the HSE for reimbursement towards the cost of health care only. You will be repaid the cost of the public healthcare treatment in Ireland, or the cost of your treatment abroad, if that is less. It does not include other costs such as travel. Strict criteria exist in relation to the types of treatment, referrals, treatment destinations (UK is excluded) etc.

For more information please contact:

HSE Cross Border Directive

National Contact Point,
St. Canice's Hospital Complex,
Dublin Road, Kilkenny.

General enquiries:

056 778 4546 or 056 772 0551

If you have difficulty reaching the service by phone, you can:

- **Request a call back** – send us an email with your name and contact number
- Send an email with your enquiry
Email: **crossborderdirective@hse.ie**
- Check online, website: **<https://www2.hse.ie/services/schemes-allowances/cross-border-directive/contact/>**
- Your local **Citizens Information Office** may also be able to advise.

The Northern Ireland Planned Healthcare Scheme (NIPHS)

The Northern Ireland Planned Healthcare Scheme (NIPHS) allows you to claim back some of the cost of certain healthcare in Northern Ireland.

You can only use the NIPHS to access private healthcare in Northern Ireland. You cannot use it for public healthcare.

You must pay for any healthcare that you get in Northern Ireland, but you can apply to the HSE for repayment of some of the costs of the healthcare under the NIPHS.

The NIPHS is similar to the Cross Border Directive (CBD). You can use the CBD if you want to get healthcare in another EU or EEA member state– see previous page.

How to use health services in Northern Ireland under the NIPHS:

1. Check that you qualify for public healthcare in Ireland.
2. Have a letter of referral for healthcare from a public health professional in Ireland.
3. Arrange a consultation with a private healthcare provider in Northern Ireland – this is called an outpatient appointment.
4. Travel to Northern Ireland for healthcare and keep proof of travel such as receipts for accommodation or parking.
5. Pay for any healthcare you get in Northern Ireland.
6. Complete the NIPHS pro forma invoice with your healthcare provider in Northern Ireland.
7. Apply for repayment towards the cost of the healthcare you received

For more information see:

<https://www2.hse.ie/services/schemes-allowances/niphs/>

HSE Cross Border Directive

National Contact Point,
St. Canice's Hospital Complex,
Dublin Road,
Kilkenny.

Telephone:

056 77 84546

Drugs Payment Scheme

This scheme is aimed at those who don't have a Medical Card and normally have to pay the full cost of their medication.

- Under the Drugs Payment Scheme, you and your family only have to pay a maximum of €80 each month for approved prescribed drugs and medicines, and certain appliances. This includes incontinence wear.

Treatment Abroad Scheme

If you are a public healthcare patient and require treatment that is not available to you in Ireland, you may be able to apply for the Treatment Abroad Scheme (TAS).

This allows you to get the medical treatment in another country in the European Union (EU). Before you travel for your treatment, the HSE must assess and approve your application.

The medical treatment you need must be either:

- Not available in Ireland or
- Not available within the time normally necessary to get it in Ireland.

Only a public hospital consultant based in Ireland can refer you for treatment abroad. A GP cannot refer you for this scheme.

Treatment Abroad Scheme Office

**Health Service
Executive**

Seville Lodge Callan Road,
Kilkenny, Co Kilkenny.

Telephone:

056 778 4900 or 056 778 4908

Fax:

056 778 4549

Email:

treatmentabroad.scheme@hse.ie

Homepage:

<https://www2.hse.ie/services/treatment-abroad-scheme/treatment-abroad-scheme.html>

Alzheimer Society of Ireland/ Dementia Adviser Service

A Dementia Support Group is a type of post-diagnostic support for carers, and their families following a diagnosis of dementia. The person with dementia does not attend as the groups offer carers, and their families an opportunity to meet others in a similar situation. They are free to attend and attendees are offered refreshments, educational literature, and advice.

The Dementia Adviser service provides locally based, one-to-one information, signposting and emotional support. This is a confidential and free service. Dementia Advisers work with people of any age who have been diagnosed, or who are awaiting a diagnosis of Dementia, or who are worried about their memory. You can contact Dementia Advisers directly, or via your local health and social care professionals. Dementia advisers can answer your questions and put you in touch with people who can help. Your Dementia Adviser can meet with you to understand your needs, provide information and advice, help you find support, highlight areas you may need to consider and help you to plan your next steps.

Alzheimer Society of Ireland Dementia Adviser Service

Elaine Kearney

Dementia Adviser Cavan/Monaghan

Tel: 087 978 3959
Email: elaine.kearney@alzheimer.ie
Web: www.alzheimer.ie
Address: Carrickmacross
Workhouse,
Shercock Road,
Carrickmacross,
Co. Monaghan,
A81 E372.



Carrickmacross Daycare
Daycare at Home
Monaghan Social Club
Clones Daycare
Monaghan Support Group

Sharon: 086 272 2551
Martina: 085 804 6958
Siobhan: 087 343 2944
Olivia: 087 170 8706
Siobhan: 087 978 3959

Household Benefits Package

What are Household Benefits?

The Household Benefits Package is a package of allowances per household which help you with the costs of running your household. You must be fully resident in the Republic of Ireland to receive this allowance and only one member of a household can qualify for Household Benefits. There are two allowances: the Electricity or Gas Allowance and the Free Television Licence.

Who can get Household Benefits?

You may get Household Benefits if you are aged over 70:

- You are aged between 66 and 70 and are getting a state pension.
- You are aged between 66 and 70 and are not getting a state pension but satisfy a means test.
- You are aged under 70 and getting an equivalent Social Security Pension/Benefit from another country.
- You are aged under 66 and are getting, Disability Allowance, Invalidity Pension, Blind Persons Pension or Incapacity Supplement with Disablement Benefit.
- You are aged over 60 and receiving a Garda Widows Pension.
- You are widowed or a surviving civil partner aged between 60 and 65 and your late spouse or civil partner was getting Household Benefits.
- You are receiving Carer's Allowance for a person you live with and are caring for.

How to apply for the Household Benefits Package

You can apply online using MyWelfare.ie, if you have a MyGovID account. If you cannot apply online, you can fill in the Household Benefit Package application form (pdf) and return it to the Household Benefits Package section:

<i>Return to:</i>	Department of Social Protection. Household Benefits Package, College Road, Sligo, Ireland, F91 T384.
<i>Telephone:</i>	(071) 915 7100 or 0818 200 400
<i>Email:</i>	householdbenefits@welfare.ie
<i>Homepage:</i>	https://www.gov.ie/en/service/e87d27-household-benefits-package/

Getting Out and About



TFI Local Link

TFI Local Link bus services connect communities throughout rural Ireland as part of the TFI Public Transport Network.

They form a network of affordable bus services for everyone who want to travel to or from local towns and villages. Local Link Cavan Monaghan provide two types of public services; Regular Rural Bus Services and Door-to-Door Bus Services.

Door-to-Door Bus Services

Door-to-Door routes are bus services that operate, a pick-up and drop-off at the door service for people living in rural areas, taking passengers to their local town and returning approximately two hours later. These services require you to pre-book with us by calling the Local Link office before you travel Free Travel Passes are accepted on this service.

Regular Rural Services

Regular rural bus services operate on a fixed route between towns and villages and run on a scheduled timetable, just like any other public transport bus service. Passengers can pay by cash, TFI Leap Card or TFI Go App, under 5's travel for free and Free Travel Passes are accepted. For more details on these services, timetables and fares visit www.locallinkcm.ie or contact the office for more details.

Office Tel:

Facebook/Instagram search for:

Office Hours:

047 51840

locallinkcavanmonaghan

9:00 to 17:00 - Monday to Friday

Bus Éireann

Monaghan Bus Station

North Road, Monaghan, H18 PN25

*Please telephone Bus Éireann
if you require assistance:*

LoCall 0818 836 611

Operating Hours:

**07.00 – 19.00 Monday to Friday
08.00 – 18.00 Saturday,
Sunday & Public Holidays**

Free Travel

Email: **freetravelqueries@welfare.ie**

Everyone aged 66 and over living permanently in the state is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free Travel Companion Card is available which allows another person to travel with the card holder (if they are unable to travel alone). It is available on all state public transport (bus, rail, and LUAS) with some exceptions and is also available on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland.

Travelling to Belfast

Translink run a daily service between Monaghan and Belfast, and Belfast to Monaghan. Timetable and details at:

Tel: **048 90666630**

Web: **<https://www.translink.co.uk>**

Monaghan Library Service

Monaghan Library Service provides universal access to information in various formats.

Membership is free. For more information on our range of services go to www.monaghan.ie/library or contact moncolib@monaghancoco.ie or telephone **047 74700**.

Ballybay Library

Tel: **042 9741256** *Email:* Ballybaylibrary@monaghancoco.ie
Phonelines Open: Wednesday & Thursday 10am - 1pm

Carrickmacross Library

Tel: **042 9661148 (Option 4)**
Email: Carrickmacrosslibrary@monaghancoco.ie
Opening Hours: Mon-Fri 11am-1pm & 2pm-5pm (Late night
Phonelines Open: Monday-Friday 10am-1pm Mon 6-8pm)

Castleblayney Library

Tel: **042 9740281** *Email:* Castleblayneylibrary@monaghancoco.ie
Phonelines Open: Tuesday, Wednesday & Friday 10am - 1pm

Clones Library

Tel: **047 74712** *Email:* Cloneslibrary@monaghancoco.ie
Opening Hours: Monday - Friday 11am - 1pm & 2pm - 5pm
 (Late night Mondays 6-8pm)

Monaghan Library

Tel: **047 81830** *Email:* Monaghanlibrary@monaghancoco.ie
Opening Hours: Mon - Fri 11am - 1pm & 2pm - 5pm
 (Late night Mondays 6-8pm)
Phonelines Open: Monday to Friday 10am - 1pm

Cavan Monaghan Education and Training Board

emetb
Cavan Monaghan Education and Training Board

Learning without Limits

Open to adults, with no upper age limit

Our courses are:

- Free
- Flexible
- Friendly

FREE

For information contact:
Monaghan - 047 71914
Cavan - 049 4353967
or visit www.cmetbadultguidance.ie

Rialtas na hÉireann
Government of Ireland

SOLAS
learning works

Commissioned by an
Adults Company
Co-funded by the
European Union

Monaghan Sports Partnership

Monaghan Sports Partnership works to increase the number of people participating in all kinds of physical activity in the County.



Go for Life is one programme the Sports Partnership promotes for older people. Go for Life reaches out to active retirement associations, senior citizens groups, daycare and community centres around the County, to ensure that older people are more active, more often. Monaghan Sports Partnership provide opportunities for all to become more active and try new activities. We assist existing and new clubs to set up programmes. There are activities all year round.

For more details on activities and funding available from Monaghan Sports Partnership:

Contact: **Aisling McDermott 042 9755126**

Email: **aisling.mcdermott@monaghancoco.ie**

Active Retirement Groups

Active Retirement groups reach out to all older people to stop loneliness through friendship and support.

Two groups currently operate in Co Monaghan. Membership is open to anyone who is either retired or semi-retired from full-time or part-time, paid or unpaid work. Active retirement groups are open and inclusive and do not discriminate against anyone who is interested in joining.

Inniskeen Ramblers ARG: operates every second Wednesday afternoons in the community centre in Inniskeen. Please contact Kitty Lennon on 087 2640908 for further details.

Corduff Raferagh ARG: meet every 2nd Tuesday. Please contact Ellen Duffy on 087 2516023.

Days and times are subject to change.

Additional groups may be available, please contact Active Retirement Ireland on **01 873 3836**.

Women's Groups

Women's Collective Ireland – Monaghan

Women's Collective Ireland–Monaghan's (formerly NCCWN Dochas for Women) mission is to encourage all women to become actively involved in self and community development.

We provide one to one support to women, information sessions, workshops and link with education and training providers ensuring opportunities for women in these areas. We have a drop in centre for one to one and small group work and workshops.

Women's Collective Ireland – Monaghan

Address:

Unit 1 YWCA, North Road, Monaghan

Telephone:

047 62 573 / 087 150 7056

Email:

monaghan@womenscollective.ie

Blayney Blades Women's Group

Blayney Blades Women's Group are based at the Iontas Centre, Castleblayney, please contact **042 9753410** or email **blayney-blades@gmail.com** for further information.

Ballybay Irish County Womens Association

Ballybay Irish County Womens Association is a Women's group which is open to women of all ages from the local Ballybay area. Please contact Martina Wright **086 8162334**.

Clones Hen's Shed

Clones Hen's Shed meet every Thursday morning in The Court House, McCurtin Street, Clones.



Men's Sheds

Why join a men's sheds?

There are many reasons to join a men's sheds. If you are someone who, after retiring, still has a lot to offer, you might want to share your skills with other men. Or if you have found yourself in need of a friend, there are countless reasons for joining a shed, but whatever your reason is, you can bet there's a shed close by.

Men's sheds are more than just woodwork or gardening, they are places where men can find meaning and purpose, where a friend is always there. In a men's shed we always say the greatest tool we have is the kettle, because there's nothing more powerful than a cup of tea and a chat.

Monaghan <i>Contact:</i> <i>Opening Hours:</i>	St Davnet's Campus, Rooskey, Co. Monaghan. Gerry Murdock - 086 812 4377 Paul Fletcher - 087 113 4494 Monday - Friday 9am - 2.30pm
Carrickmacross <i>Opening Hours:</i> <i>Contact:</i>	Drummond Otra, Main Street, Carrickmacross, County Monaghan. Thurs 9.30am - 11.30pm Pearse Callan - 087 291 7039
Clones <i>Opening Hours:</i> <i>Contact:</i>	Lower Fermanagh Street, Clones, Monaghan. Mon - Thurs 10.00am - 2.00pm Noel Farnan - 087 932 7153
Ballybay <i>Opening Hours:</i> <i>Contact:</i>	1-2 Coach House Building, Ballybay, County Monaghan. Monday - Friday 9am - 12.30pm Mickey Gilmore - 086 602 1275

All sheds are independent and self-autonomous, and the range of activities carried out by sheds differ from the next.

Day Care Services

Older Person's Social Groups

Monaghan Integrated Development in partnership with the Health Service Executive support approximately 15 day care services for older persons throughout the county which can help you to age well.

These are located at:

Monaghan town
Clones
Drumkill/Threemilehouse
Carrickmacross
Castleblayney
Blackhill
Latton
Doohamlet
Knockatallon
Lisdoonan
Bawn
Tydavnet
Mullyash
Corduff/Raferagh
Truagh



Others services may operate from time to time also. All services vary in terms of when they operate with some operating weekly, monthly, bi monthly. Some take place in the mornings through to lunch time, some operate from lunch time into the afternoon and some operate in the evenings. Many include a hot lunch & or light refreshments.

These services vary in terms of days and timings of operation and many serve a hot meal along with activities and entertainment.

What can you expect at some of these day care services:

- **Education & Learning** Opportunities with for example CMETB.
- **Physical activity programmes** in partnership with for example Monaghan Sports Partnership.
- Guest Speakers on a range of topics offering **advice and tips** to help you to age well e.g Diet & Fall Prevention advice.
- **Arts & Crafts** & other creative activity opportunities.
- **Bingo** which helps with concentration & coordination etc.
- **Board games** which encourages problem solving & thinking etc.
- **Social Dancing** promoting physical fitness, mobility and socialisation.
- **Hot lunch/Snack/Light refreshments** (depending on service).
- **Help to address personal care needs** e.g chiropody, hairdresser (depending on service).
- **Advice & support** on day to day activities e.g personal safety and fire safety in the home, where to access information etc.. Day trips.
- **Social events** e.g Christmas party.
- **Projects** from time to time some services may undertake particular projects eg intergenerational activities with younger community members.

For more information contact:

Monaghan Integrated Development

Telephone: **042 974 9500** or **087 3941080**

Monaghan Volunteer Centre

Many community and voluntary groups in the county need new members or require help from time to time.

These groups may include: Meals on Wheels, Tidy Towns groups, disability support groups, community development groups, Alone, English language classes and many more.

At Monaghan Volunteer Centre you can find out about many ways to volunteer and we can put you in touch with organizations you are interested in. You can also get support and advice on what kind of volunteering might suit you. Monaghan Volunteer Centre is a service run by MID and is located on the North Road, Monaghan Town.



You can browse the different types of volunteer roles available and apply online at **www.volunteermonaghan.ie** or if you prefer, you can contact us to arrange an appointment in person. Email **sinead@volunteermonaghan.ie** or phone **Sinéad Keenan** at **087 4173944**.

U3A is an educational cooperative movement guaranteed to give all retired and semi-retired people a zest for life and a reason for getting up each morning.

Membership Criteria

Age 55+ / Retired / Semi-Retired

Some of the activities arranged by U3A include meet up and chats, poems and pints, art and crafts, exercise classes, information talks, walks , day trips and lots more. U3A also has a choir which may be of interest to some.

A small registration fee applies.

Contact: Jane Flynn 087 343 2275
Geraldine Kelly 087 947 5188
Email: monaghanu3a@gmail.com
Web: www.monaghanu3a.com



Garda Stations

Monaghan Garda Station	Plantation Road, Monaghan, Co. Monaghan, H18 PK84. T: 047 77200. E: LCM.Monaghan.CE@Garda.ie
Emyvale Garda Station	Derrygasson, Emyvale, Co. Monaghan, H18 CD88. T: 047 87222. E: LCM.Monaghan.CE@Garda.ie
Scotstown Garda Station	Carrowhatta, Scotstown, Co. Monaghan, H18 X791. T: 047 79140. E: LCM.Monaghan.CE@Garda.ie
Clones Garda Station	Analore Street, Clones, Co. Monaghan, H23 CX96. T: 047 51028. E: LCM.Monaghan.CE@Garda.ie
Carrickmacross Garda Station	42, Main Street, Carrickmacross, Co. Monaghan, A81 R520. T: 042 9690190. E: LCM.Monaghan.CE@Garda.ie
Castleblayney Garda Station	York Street, Castleblayney, Co. Monaghan, A75 T213. T: 042 9747900. E: LCM.Monaghan.CE@Garda.ie
Rockcorry Garda Station	Monneill, Rockcorry, Co. Monaghan, H18 NV66. T: 042 9742288. E: LCM.Monaghan.CE@Garda.ie
Ballybay Garda Station	Hall Street, Ballybay, Co. Monaghan, A75 RX37. T: 042 9741002.

Safety and Security



Local Garda Stations

Community Garda and Crime Prevention Unit

Top 5 Burglary Tips from AGS

General Safety Advice:

- **Fit a door viewer or a door chain.** This will let you see who is outside before you open your door fully.
- **Never let strangers into your home.** Ask for identification first and remember – 'if in doubt, keep them out'.
- **Do not** employ workmen that call to your door.
- **Ensure your back door is locked** when you answer a call at your front door.
- **Do not keep large amounts of money** at home.
- **Fit timing switches** to your lighting and sensor switches to outside lights.

Personal Security:

- Consider **wearing a personal alarm** so that family or neighbours are alerted if you fall.
- **If you fall**, even a minor one, make sure to visit your doctor for a checkup.
- **In icy weather wear well fitted shoes** with non-slip soles if you have to go out but try to limit walking outside during cold weather.



STAY CONNECTED!

A MOBILE PHONE makes it easy to contact family members in case of an emergency within or outside the home.

EMERGENCY SERVICE

Call **999** or **112**

Gardaí
Fire Brigade
Ambulance

*'stay calm,
stay focused
and stay on
the line'*



An Garda Síochána

Crime Prevention

IF YOU
LOVE IT,
**LOCK UP
AND
LIGHT UP.**



Simple steps can help protect your home.

Whether you are at home or going out, remember to turn on some lights, use timer switches, lock all doors and windows, use an alarm, store keys away from windows and letter boxes, and don't keep large amounts of cash or jewellery in the house.

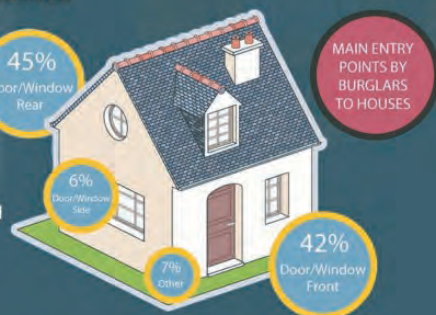
Lock Up and Light Up
as part of An Garda
Síochána's Operation Thor.
www.garda.ie



An Garda Síochána

Burglary Prevention Advice

- LOCK ALL DOORS AND WINDOWS
- TURN ON SOME LIGHTS
- USE AN ALARM
- DON'T KEEP LARGE AMOUNTS OF CASH
- STORE KEYS AWAY FROM WINDOWS AND LETTER BOXES



Lock Up and Light Up as part of An Garda Síochána's Operation Thor
For more information visit www.garda.ie

Emergencies

At some point in your life, you may need to call the emergency services such as fire, police, or medical personnel.

In Ireland we have two emergency numbers, 999 and 112.

Remember when calling 112 (or 999), **'stay calm, stay focused and stay on the line'** and if possible give the Eircode of the house so that the emergency services can easily find you. Further useful information on www.garda.ie.

Eircode

Eircode, the postcode system for Ireland, launched in July 2015. Each postal address has been assigned a unique postcode, called an Eircode.

You do not need to change your address and you don't even have to use an Eircode when writing your address, however there are many benefits if you do, such as allowing delivery and service companies to accurately identify addresses so your deliveries get to the right location. It also makes it quicker and easier for medical emergency services to locate addresses.

Once you have the Eircode for your address, we recommend keeping it within easy reach so that you can refer to it easily in the future. If you receive any state benefits such as a pension, social welfare or a grant scheme, you do not need to do anything, these services will continue as normal. The use of an Eircode is not mandatory, but you may find more organisations requesting an Eircode when you order goods or services from them.

**IT IS IMPORTANT TO KNOW YOUR EIRCODE
IN THE EVENT OF AN EMERGENCY**

Ensure that you keep your Eircode beside your phone or somewhere you can access it quickly. If you do not know your Eircode, a member of staff in the Citizens Advice Office or in your local library can identify it for you. You can also find it yourself online at **www.eircode.ie**.

To get the Eircode for your address, please call the Eircode contact centre on 0818 300 005 and they will be able to help you or call **01 901 2232**.

If you use a smart phone and have location services enabled you can follow the steps below (please note you must be at the location to retrieve the Eircode:

1. Log on to our website **www.eircode.ie**
2. Select '**Find an Eircode**'
3. On the next page you will see a tab beneath the search bar **"Use My Location"**
4. By clicking this tab, the GPS settings will be able to pick up the co-ordinates of your location and in turn give you the Eircode for that property.

Seniors Alert Scheme

The Seniors Alert Scheme is financed by Pobal and provides a grant for the supply of equipment and Personal Pendant Alarms.

The pendant alarm is worn on the wrist or around the neck and when activated in cases of emergency, it provides immediate contact with the people you have chosen to be on your emergency list. This enables older people to continue to live securely in their own homes. The grant assistance is made available through community and voluntary groups registered with Pobal.

Registered organisations offering the scheme in Co. Monaghan

<i>Organisation</i>	<i>Contact Details</i>
Ardaghey Community Text Alert Group Ardaghey	Liam Linehan 042 9744 939
Broomfield Housing Company Ltd. Castleblayney, Carrickmacross, Shercock, Cootehill, Kingscourt, Ballyjamesduff	Tommy Duffy 042 9745 916 087 2244 059
Castleblayney Social Services Castleblayney	Jan McKenna 042 9740 302
Clones Family Resource Centre CLG Clones town, Newbliss, Smithboro, Scotshouse, Drum	Angela Graham 047 52919
Clontibret Community Alert Clontibret	Brendan McNally 042 80547
Corduff/Rafera Active Retirement Group Carrickmacross	Maura Garvey 042 9669 594
Doohamlet Community Alert Doohamlet Area	James Connolly 086 8503 893
Drum Village Development Associates Ltd. Drum Village	Barbara Stewart 049 5555 994
Errigal Truagh Community Alert Emyvale	Angela Neeson 047 87049
Kilmore Drumsnat Community Alert Corcaghan, Threemilehouse & surround areas	Celine Neeson 087 9008 426
Latton-Bawn Community Alert Latton, Bawn, Shantonagh, Ballbay	Pauline McEntee 086 3389476
Mullaghmatt/Cortolvin Community Development Ltd. Monaghan	Michael Bravender 047 71398
Rockcorry/Dartry Community Alert Rockcorry, Dartry & surrounding areas	Gerry Coyle 042 9742928

To be eligible you must be :

- Aged 65 or over and have limited means or resources.
- Living alone or with someone who also meets the eligibility criteria.
- Living in the area covered by the community group administering the grant support.
- Able to benefit from the equipment being supplied.
- Willing to maintain contact with the community group.

For more information contact Pobal

Telephone **01 511 7222** or visit **www.pobal.ie**.



Supports and Services



Family Carers Ireland



The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care.

We strive to promote carer resilience by enabling all family carers to:

- Be confident in their individual carer roles;
- Establish and maintain a regular caring routine;
- Feel listened to, valued and not alone;
- Be able to access relevant training, guidance and support;
- Be informed of their rights and entitlements;
- Meet and speak with their peers in a safe, relaxed environment;
- Take a break from a demanding and stressful caring role;
- Know where to seek additional support from the State and their community;
- Access emergency supports when needed.

You can visit your local Support Centre for information & guidance re Social Welfare payments related to the Caring role.

There are also 3x Support Groups which run in Monaghan town, the Support Centre and Carrickmacross.

Please contact **Kellie-Ann** on **042 9611599** to find out more.

Kellie-Ann Coulter
Adrian Cawley

Support Manager Community
Information Officer Community

Contact Number:
Email:

042 96 11599
monaghancarersupports@familycarers.ie

Meals on Wheels

This service provides the delivery of a hot meal in some cases or a reheatable meal in other cases (depending on the service) to people of any age who are unable to cook for themselves or have no other way of getting a meal. It is available in lots of areas around the county.

Ask your public health nurse or GP for details of your local service. Your public health nurse can be contacted at your local primary care centre, details on page 6 or GP details on page 3.

Truagh Spirit Community Food Service	047 87049
Monaghan Integrated Development Carrickmacross area	087 3941080
Knocktallon Community Development	047 89014
Castleblayney Meals on Wheels	042 9753431
Clones Development Society	047 52125



Visitation support and befriending:

ALONE's Visitation Support & Befriending Service provides regular visits to an older person from a volunteer who provides one-to-one companionship and practical support. Volunteers can support with practical tasks and provide information on local activities and relevant initiatives. All volunteers are trained, Garda vetted and receive support from ALONE staff.

Telephone support and befriending:

ALONE's Telephone Support Service provides daily or weekly telephone contact to an older person from a volunteer. Volunteers provide companionship and support such as appointment reminders, medication prompts, and information on local activities and relevant initiatives. All volunteers are trained, Garda vetted and receive support from ALONE staff.

Support Coordination:

ALONE's Coordinated Support service provides practical support and coordinates services for and with older people to address challenges and to find solutions. Coordinated Support uses a case management approach which enables older people to access medical as well as non-medical sources of support within their community to improve physical, emotional and mental wellbeing. The service offers help to resolve financial and pension difficulties, support engagement with local events and activities, access housing maintenance, grant schemes and adaptations, navigate the healthcare system, enable hospital discharge, access housing and tenancy support, and resolve any other challenges that may arise. This support also includes providing technology solutions for older people to remain at home. Our staff will source, install, monitor and train the older person to use technology devices that they require to support them to age securely in their homes.

Every older person is linked with a designated Support Coordinator, a trained social care professional who acts as an independent agent for the older person in coordinating necessary services.

National support & referral line

Telephone: **0818 222 024** from 8am – 8pm, seven days a week

Email: **hello@alone.ie**

Third Age Ireland

Third Age champion older people in an interconnecting range of initiatives, including the challenge of negative perceptions, and the representation of older people at policy-making fora.

Third Age offers choices and provides opportunities for lifelong learning, volunteering, community development, and social inclusion. Seniorline is a confidential listening service for older people provided by trained older volunteers that is open 365 days a year, from 10am to 10pm. As well as responding to individual callers, Seniorline advocates nationally for older people in Ireland, representing their needs, concerns and wishes to media, the general public, politicians and key stakeholders.

<i>Seniorline:</i>	Freephone 1800 80 45 91
<i>Telephone:</i>	046 955 7766
<i>Email:</i>	nationaloffice@thirdageireland.ie
<i>Website:</i>	www.thirdageireland.ie
<i>Address:</i>	Third Age, Summerhill, Co. Meath, Ireland, A83 PW94.

Foodbanks

Foodbanks provides emergency food and compassionate, dignified support to people locked in crisis. The services provided by food banks may vary from area to area as they react to the needs of their community to provide help and support to local people in crisis.

Non-perishable, in-date food is donated by the public to food banks and collection points. It is then sorted into emergency food parcels by volunteers, to be given to families who need additional support to provide food and meals for themselves and their family.

Fresh food is provided also in food parcels which is funded by cash and voucher donations from members of the public.

All services operate with the utmost discretion and anonymity.

Carrickmacross Food Bank

Contact: **carrickmacrossfoodbank@gmail.com or check out the Carrickmacross Food Bank Facebook page**

Teach Na Daoine Food Pantry

Address: **Teach Na Daoine Family Resource Centre, Oriel Way, Mullaghmatt, Monaghan H18 D218**

Telephone: **047 71398** *Please call to book your slot Monday and Tuesday Food Pantry, usually open from 9:30am-4:30pm by appointment.*

Castleblayney Food Bank

Telephone: **087 959 7306**

Society of St. Vincent De Paul

Society of St. Vincent De Paul is a lay voluntary organisation that provides support to people in need through visitation, material support and accommodation. There are 13 conferences in Co. Monaghan.

There are 13 conferences in Co. Monaghan. North East & Midlands Region (Cavan, Longford, Louth, Meath, Monaghan & Westmeath).

Address: **Tiernan House, Fair Green, Drogheda, Louth, A92 TF3P.**

Telephone: **041 987 3331**

Freephone: **1800 677777**

Email: **info.northeast@svp.ie**

Opening Hours: **9am-5pm Monday – Friday**

Money, Advice and Budgeting Service (MABS)

MABS is the Irish money advice service who have been supporting people with money advice, budgeting, and problem debt for 30 years.

The service is free of charge and confidential.

They are there for you if you're struggling with debt and need help. You can get impartial advice from MABS to help you manage your money and take control of debt. They offer support online, over the phone and face to face.

All MABS staff are trained money advisors who can help you deal with debts and make out a budget.

<i>Address:</i>	Monaghan MABS office, 3rd Floor, Bramley House, Muckno Street, Castleblayney, A75 Y034.
<i>Telephone:</i>	0818 07 2690
<i>Email:</i>	monaghan@mabs.ie



Have Your Say/Getting Involved

In each local authority area, an Age Friendly Alliance is established, involving senior decision-makers from Public (Local Authority, HSE, An Garda Síochána etc.), Commercial and Not-For-Profit organisations.

Through the establishment of an Older People's Council in each participating local authority area, older people exercise a strong, guiding influence on Age-Friendly local development. Age Friendly Alliances plan and implement strategies and oversee progress in each county. Many thousands of practical steps have been taken at local level under the guidance of these Alliances and this Directory of Services for Older People is one such positive result of such collaboration.

Are you interested in joining Monaghan's Older People's Council?

Monaghan Older People's Council is looking for new members and is inviting all Monaghan residents aged 55 and upwards to join.

The Council provides a platform for older people to take a more active role in their communities and to have their voices heard on relevant issues both within Monaghan and nationally.

Quarterly meetings of the Council take place and issues raised are followed up with various stakeholders in the Age Friendly Alliance including Monaghan County Council, the HSE, An Garda Síochána, transport providers and local voluntary organisations.

Membership of the Monaghan Older People's Council is inclusive and is open to all Monaghan residents aged 55 and upwards, to reflect the views of all older people throughout the county. Everybody will be made to feel welcome!

What is Monaghan Older People's Council?



- It is a voluntary community group made up of individuals and representatives of older people's groups in Co. Monaghan. It aims to improve the quality of life for older people in Monaghan.
- It aims to ensure the voice of older people is represented at the relevant structures in Co. Monaghan.
- It aims to raise issues of concern for older people in the county with local and national decision makers.
- It will provide regular updates by email which will include news, events of interest and information about relevant services available.
- Members of Monaghan Older People's Council sit on the Age Friendly Alliance along with decision makers of statutory agencies and local service providers. Members also sit on the National Network of Older Peoples Councils.

Contact Details

If you are interested in joining or would like more information about the Monaghan Older People's Council, please contact:

Linda Lennon *Monaghan Age Friendly Programme Manager*

Telephone: **087 2166 289**

Email: **linda.lennon@monaghancoco.ie**

Monaghan Healthy Age Friendly Homes Programme

Supporting older people to live in their own home with dignity and independence for as long as possible.

Elizabeth Doherty Mooney

Monaghan Age Friendly Homes Coordinator

Telephone: 046 924 8899

**Office: Kells Civic Office,
Headford Place,
Co. Meath, A82 W2R3.**

Email: healthyagefriendlyhomes@meathcoco.ie



Patient Advocacy Service

This is an independent, free and confidential service that provides information and support to people who want to make a complaint about an experience they have had in a HSE-funded public acute hospital or nursing home through the HSE's Your Service Your Say process or through the HSE's Incident Management Framework, where a person has been involved in a patient safety incident.

For assistance in making a formal complaint, check out the Step-by-Step Guide, read the Frequently Asked Questions, or contact patient advocacy service online or by telephone. See contact details below.

Telephone: 0818 293 003

Email: info@patientadvocacyservice.ie

Website: www.patientadvocacyservice.ie

**Address: Level 3 Marshalsea Court, 22/23
Merchants Quay, Dublin D08 N8VC.**

SAGE Advocacy

Sage Advocacy is a support and advocacy service for vulnerable adults, older people and healthcare patients.

Rapid Response Service: 1850 719400 (8.00–22.00 daily)
Telephone: 01 5367330 (Monday to Friday 9.00–18.00)
Email: info@sageadvocacy.ie
Website: <https://www.sageadvocacy.ie/>
Address: 24/26 Ormond Quay Upper,
Dublin, D07 DAV9.

Voting

The electoral registration process has changed. Even if you are already registered, you now need to add your PPSN, date of birth and Eircode.

This will allow your local authority to confirm your details and help to ensure the accuracy of the electoral register.

checktheregister.ie



PPSN



Date of Birth



Eircode



Planning for the Future



Think ahead... your complete guide to end of life and advance care planning

Think Ahead is a practical tool and guide for advance care planning and end of life planning. It helps you document your healthcare choices and personal wishes and has 3 parts.

1. My Personal Wishes and Care Plan

A place to record all your information and preferences in case of serious illness, at end of life, and after death. This section is not legally binding but can help ensure that you are cared for in ways that meet your physical, emotional, spiritual, cultural, and personal desires.

2. My Advance Healthcare Directive

A place to record your requests and refusals of healthcare treatments, and to appoint someone to speak on your behalf. This section is legally binding when signed and witnessed properly.

3. My Medical Summary Form

A place to record your wishes regarding your future medical care, and to give a copy to your GP/Specialist to add to your medical record.

This popular planning ahead tool can help you discuss and record your wishes and preferences in the event of an emergency, serious illness or after you have died.

Planning Packs

Planning packs can be ordered from the
The Irish Hospice Foundation

<i>Email:</i>	thinkahead@hospicefoundation.ie
<i>Ring:</i>	01 679 3188

Individual packs cost €5.00 + delivery

Assisted Decision Support Service

The decision support service provides an essential service for people who need support to make certain decisions in their life. This includes people who would like to plan ahead for the future.

There are three types of support arrangements for people who currently, or may shortly, face challenges when making certain decisions:

- Decision-making assistance agreement
- Co-decision-making agreement
- Decision-making representation order

There are two types of arrangements for people who wish to plan ahead for a time in the future when they might lose capacity:

- Advance healthcare directive
- Enduring power of attorney

You can find out more about all of these arrangements by contacting:

<i>Address:</i>	Waterloo Exchange, Waterloo Road, Dublin 4, D04 E5W7, Ireland .
<i>Telephone:</i>	01 211 9750
<i>Email:</i>	queries@decisionsupportservice.ie

Know your Utility Service Numbers



Gas
Networks
Ireland

If you smell gas call **1800 20 50 50**
(24hr Emergency Service)
networksinfo@gasnetworks.ie



NETWORKS

Are you sure it's safe?
If you see damage to the electricity network
or fallen wires, report it to our emergency
line at **1800 372 999**



If a water issue is urgent, call **1800 278 278**/
international **+353 1 707 2828**
(lines open 24/7).



Report a fault or disconnection to your
service provider to ensure service is
restored as soon as possible. Have their
number written down or saved in your
mobile phone.

Is it **IMPORTANT** to know how to isolate the services to your home

**** Register as a Vulnerable Customer ****

Electricity: To register as a Vulnerable Customer please contact your current Electricity Supplier who will notify ESB Networks.

Gas: To register as a Vulnerable Customer please contact your current Gas Supplier who will notify Gas Networks Ireland.

Water: To register as a vulnerable Customer please email vulnerablecustomer@water.ie or contact us by phone.

Useful Contact Numbers

Emergency Service Gardai / Fire Brigade / Ambulance	999 / 112
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Next of Kin Relationship

GP

North East Doc on Call	1800 777 911
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Monaghan Hospital	047 38835
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Dentist

Public Health/Registered Nurse

Pharmacist

ESB Fault Line	1800 372 999
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Monaghan Alerts	047 73720
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Taxi

Local Primary Care Centre

Road Safety Authority	096 25000
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Citizens Information Centre

Key statutory services information

I do not know what age I am,
I am no mortal age;
I know nothing of women,
Nothing of cities,
I cannot die
Unless I walk outside these
whitethorn hedges.

Patrick Kavanagh



"As Monaghan Age Friendly Ambassador, I am happy to endorse this Information Booklet for Older People in County Monaghan. The guide provides information to enable Older People to access services locally which will positively impact their health and wellbeing going forward. We hope that this guide provides a wealth of useful information not only for our Older People, but for their families and carers, and local Service Providers. Working together we can continue to make Monaghan a great county in which to grow old, living independent and fulfilling lives".

Endorsements

Seamus McDermott,
Monaghan Age
Friendly Ambassador

Bernardine Lynch
Service Manager
Older Persons Services
HSE Cavan/Monaghan

"This booklet is a wonderful resource for the Ageing Members of our Community in Co. Monaghan who can often feel left behind in the digital world we now live in. It has been my pleasure to work in collaboration with Monaghan Integrated Development and Monaghan County Council's Age Friendly Alliance over the last 2 years in the production of this booklet and I look forward to continuing and developing our working relationships into the future with the interests of Older People at the forefront of everything we do".

Disclaimer: The information contained in this booklet is provided as an information guide only. While every effort is made in preparing for publication, no responsibility is accepted by or on behalf of MID or Monaghan County Council for any errors, omissions or misleading statements on these pages or any site to which these pages refer.

