



# Making Every Contact Count Signposting Resource for Older People

You are **Making Every Contact Count** when you take the opportunity during routine contacts with patients and service users to:

1. Support patients to make lifestyle choices that help prevent chronic diseases.
2. Promote self-management of existing chronic disease

Please use the following resource to help you signpost service users/patients to supports available to them in the context of a Making Every Contact Count Brief Intervention on discharge.

For further information on Making Every Contact Count please contact [mairem.oleary@hse.ie](mailto:mairem.oleary@hse.ie) MECC Lead Cork and Kerry and/or visit <https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/>

## HSE Staff Making Every Contact Count Training

For online modules:

Search **Making Every Contact Count** on [www.hseland.ie](http://www.hseland.ie)

For Cork/Kerry workshops:

Search **MECC Workshops Cork Kerry** on [www.hseland.ie](http://www.hseland.ie)

Onsite staff workshops can be organised

by contacting [mairem.oleary@hse.ie](mailto:mairem.oleary@hse.ie)



For information on how to order copies of the 'Making Every Contact Count Signposting Resource for Older People' contact **Susan Daly** Clinical Development Co-ordinator Cork/ Kerry Community Hospitals/ Nursing Units [susand.daly@hse.ie](mailto:susand.daly@hse.ie)



## HELP TO STOP SMOKING

Stop Smoking Services in all areas across Kerry and Cork. We offer face-to-face, telehealth or telephone support, with free nicotine replacement therapy. Phone: **021 492 1641** or email **hpd.south@hse.ie** or **www.quit.ie**



## HEALTHY EATING

### 101 Square Meals:

The 101 recipes in this free eBook are easy to prepare, low-budget and nutritious.



## HSE Information on Nutrition and Healthy Eating:

Information for families and individuals about eating for health and wellbeing including the food pyramid which provides a guide to everyday healthy food choices.



## HSE Information on Nutrition & Healthy Eating:

A six-week group cooking programme in Kerry focusing on healthy eating, nutrition and planning meals on a budget.

Phone: **087 627 2761**

## MENTAL HEALTH AND WELLBEING

### Yourmentalhealth.ie:

Website with information and advice about your mental health and wellbeing including services and supports available to you.

**Confidential helpline** Phone: **1800 111 888**



### Balancing Stress:

Free, 6 part series to help people to manage stress using practical, evidence-based tools and exercises.



### You and Your Mental Health:

A resource to support your mental health and wellbeing every day. Includes local and national support services.



### Minding Your Wellbeing Programme:

An evidence based programme that invites you to learn the value of positive psychology practices such as mindfulness, gratitude, self-care and resilience.



### Social Prescribing:

Social Prescribers link people into local community based activities and supports to help maintain positive mental health and wellbeing.



## ALCOHOL AND DRUGS

### HSE National Drug and Alcohol Helpline:

Confidential Freephone helpline and information, guidance and referral to anyone with a question or concern related to drug or alcohol use. Phone: **1800 459 459** or email **helpline@hse.ie**



### Coolmine Drug & Alcohol Support Service:

Provides a range of quality community and residential services to empower people and their families to overcome addiction and support long term recovery.

**Kerry** Phone: **066 717 4020** or **086 136 7691**

**Cork City** Phone: **021 202 1251**

**Cork County** Phone: **021 202 1230**

Email **info@coolminetc.ie** or visit **www.coolmine.ie**



### HSE Drug and Alcohol Treatment Services:

Provide a range of preventative, treatment and rehabilitation services.

#### Kerry:

**Brandon House** Phone: **066 915 3370**

**Edward Court** Phone: **066 718 4968**

#### Cork:

**Arbour House** (St. Finbarr's) Phone: **021 496 8933**

**Anchor House** (Mallow) Phone: **022 425 59**

**Heron House** (Blackpool - Counselling Service) Phone: **021 492 8300**

## SEXUAL HEALTH

### Mysexualhealth.ie:

A website representing Cork/Kerry organisations that provide a wide range of sexual health, sexuality and wellbeing services.



## PHYSICAL ACTIVITY

### Be Active Be Well:

A HSE physical activity behaviour change programme that supports adults to become more active.

Phone: **021 4921641** or email **hpd.south@hse.ie**



### HSE Health and Wellbeing Exercise Videos:

Led by qualified instructors, these videos are suitable for most people and are designed for beginners.

1. Pilates
2. Yoga
3. Strength and Conditioning
4. Chair Yoga for Beginners



### Walking groups:

Find a walking group close to you.

Visit **www.getirelandwalking.ie** or

**www.corksports.ie/walking-groups-clubs/**



### Recreation and Sports Partnerships

Encourages and supports people to participate in sport and physical activity.

**Kerry:** **www.facebook.com/kerryrecreationandsportspartnership/** or Phone: **066 718 4776**.

**Cork:** **www.corksports.ie** or Phone: **021 434 7096**



## PHYSICAL ACTIVITY PROGRAMMES:

### Better Balance Better Bones:

An 8 week physical activity programme running in 12 locations around Kerry to help improve strength and balance for adults. Phone: **085 253 7742** or **www.bailemhuire.com/18216-2/**



### Staying Fit for the Future -

#### Better Balance programme

An 8 week programme delivered in community settings across Cork to help improve strength and balance for adults. Phone: **021 434 7096** or visit **www.corksports.ie/staying-fit-for-the-future/**



## LIVING WITH A CHRONIC CONDITION

### HSE Living Well Programme:

Free, 6 week, group self-management programme for adults with long-term health conditions.



### Resources for People Living with a Long-Term Health Condition:

HSE website with helpful information and resources.



## COMMUNITY SUPPORTS

### Family Resource Centres:

Family Resource Centres across Cork and Kerry provide community based support programmes for older people. [www.familyresource.ie](http://www.familyresource.ie)



### Age Friendly Homes:

The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible. Phone: **046 924 8899** or email [healthyagefriendlyhomes@meathcoco.ie](mailto:healthyagefriendlyhomes@meathcoco.ie) or visit [www.agefriendlyhomes.ie](http://www.agefriendlyhomes.ie)



### ALONE:

ALONE is a National Organisation that enables older people to age at home and also provides:

- Telephone Support and Befriending services
- Assistive Technology
- Social Prescription
- Support Coordination

Referrals to ALONE can be made through ALONE's online referral form available at [www.alone.ie](http://www.alone.ie) or through the National Support and Referral Line: **0818 222 024**



### Libraries Ireland:

Find and join your local library service, browse the range of free items including games, daily newspapers, musical instruments and access online resources. Borrow eBooks and eAudiobooks free from your library using the BorrowBox app.

**Kerry** Phone: **066 712 1200** or visit [www.kerrylibrary.ie](http://www.kerrylibrary.ie)

**Cork County** Phone: **021 454 6499** or visit [www.corkcoco.ie/en/amenities/libraries/browse](http://www.corkcoco.ie/en/amenities/libraries/browse)

**Cork City** Phone: **021 492 4900** or visit [www.corkcitylibraries.ie/en](http://www.corkcitylibraries.ie/en)



## HSE RESOURCES

### Health Promotion

For health information leaflets on Alcohol, Healthy Eating, Physical Activity or Quitting Smoking visit [www.healthpromotion.ie](http://www.healthpromotion.ie)



### HSE Health App:

The HSE Health App is a secure way to:

- access HSE information
  - find health services
  - keep and find your personal health information
- visit [www2.hse.ie/health-app/](http://www2.hse.ie/health-app/)



### My Medicines List:

My Medicines List is a form that lists all the medicines and supplements you take. You can print from [www.hse.ie/safermeds](http://www.hse.ie/safermeds) or ask for a copy at your local pharmacy.



## ADVOCACY

### Sage Advocacy:

Sage Advocacy is the National Advocacy Service for Older People. It works to ensure that people have easy access to information, support, independent advocacy and safeguarding services in all settings.

Phone: **01 536 7330** or

email [info@sageadvocacy.ie](mailto:info@sageadvocacy.ie) or

visit [www.sageadvocacy.ie](http://www.sageadvocacy.ie)



### Decision Support Service (DSS):

The Decision Support Service provide a service for people who need support to make certain decisions (such as where you live, medical treatment options etc.) This includes people who would like to plan ahead for the future.

Phone: **01 211 9750** or

email: [queries@decisionsupportservice.ie](mailto:queries@decisionsupportservice.ie)

or visit [www.decisionsupportservice.ie](http://www.decisionsupportservice.ie)



### Safeguarding Ireland:

Safeguarding Ireland promotes safeguarding of adults who may be vulnerable to protect them from all forms of abuse by persons, organisations and institutions.

Email [info@safeguardingireland.org](mailto:info@safeguardingireland.org)

or visit [www.safeguardingireland.org](http://www.safeguardingireland.org)



### Gardaí:

If there is an immediate and serious risk of harm to a person, call the Gardaí at **999** or **112**

If the issue is serious but not urgent, contact your local Garda station.

List of all Garda stations is available at [www.garda.ie](http://www.garda.ie)  
Garda Confidential Line: **1800 666 111**



## YOUR NOTES