

Are you concerned about older people living alone?

Do you have some time to spare?

We are always eager to involve new people who are willing to visit, help out with transport, fund-raising events or administration. All volunteers are interviewed and provided with induction, training and on-going support.

If you are interested in helping in any way, or know of an older person who could benefit from our services, please contact us.

Time spent with older people can be a most enriching experience

CARE Local is dependent on fund-raising events, grants and the generosity of private and corporate donors to continue our work. As a small voluntary organisation we find it difficult to meet the needs of the increasing number of older people living in disadvantaged circumstances in Dublin.

We would be extremely grateful for any contribution towards the running costs of CARE Local. Donations are always welcome.



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Formerly Care for Dublin's Old Folk Living Alone, CARE Local was founded in 1975. Older people living alone are visited on a weekly basis by voluntary members. We assist in whatever way we can to enable the older person to enjoy a better quality of life. Our volunteers are involved in different activities to meet several needs:

- Visiting and befriending older people in their homes and follow-up contact if hospitalised
- Providing information and advocacy
- Responding to material and domestic needs e.g. clothes, bed linen, beds, coal, food hampers and shopping
- Help with electricity, telephone or gas bills, home redecoration and repairs
- Live entertainment for older people in Homes and Community Centres
- Organising delivery of dinners at Christmas and holiday times.

Respect for the dignity of the person is all-important, with acceptance of their way of life. Some people require more attention, for example those whose mobility is restricted and involvement in life impaired. With time, good relationships are formed and lasting friendships are made.

"There are no neighbours any more"

Over the years, our work has expanded not only because the number of older people living alone has increased, but also because older people find themselves more socially isolated than before. Throughout the city, older people tell us that "there are no neighbours any more" - busy lives mean that many people no longer have the time to call to their older neighbours. With a CARE Local volunteer visitor, the older person living alone can look forward to a regular friendly visit and a chat, every week.

The people we assist

CARE Local covers the Dublin City Council area and accepts referrals from health and social services, family members, concerned neighbours and older people themselves. Any older person living alone and in need of help or company can avail of CARE Local services.

Our Mission:

To assist people to remain living in their own homes, with dignity, security and company, for as long as possible, and to help ensure that they remain in good health, both mentally and physically.

We aim to:

- Ensure the quality of life of older people is maintained during the years of retirement.
- Raise awareness of the needs of older people, identifying gaps in the provision of services.
- Promote interests of older people and put ageing and older people firmly on the political agenda.
- Improve the quality of life for frail, older or disabled persons and reduce the need for stays in hospital.
- Provide direct access to information and practical advice about local respite facilities and financial help.
- Where older people find it difficult to articulate their wishes and make informed choices, make them more aware of their rights and empower them to exercise them.
- Form links to help bring about intervention when needed.