



Limerick Psychiatry of Later Life



**Unit 3, St Camillus Hospital,
Shelbourne Road,
Limerick
Eircode: V945724
Phone Number: 061 483779**



What is the Psychiatry of Later Life Team?

- **The Psychiatry of later life team provides care for individuals sixty five years and over with significant mental health difficulties in Limerick.**
- **Our team is a multi-disciplinary team which consists of Consultant Psychiatrists, Doctors, Medical Secretaries, Community Psychiatric Nurses, Clinical Nurse Specialists, Senior Clinical Psychologist, Social Workers and an Occupational Therapist.**

Some of the Services We Provide

- **Outpatient Clinics**
- **Home-visits**
- **Nursing Home and Hospital Reviews**
- **Support, Education and Therapeutic groups**
- **Individual Therapy**
- **Inpatient Assessments**
- **Connecting with other HSE services and voluntary organizations**



Our Referral Pathway

- Referrals to the Psychiatry of later life team can be made by your G.P. or any medical Doctor involved in your care
- When referred to our team your care will be discussed at our weekly team meeting. A member of our team will make contact with you to arrange an assessment that works best for you

Our Assessments

- Initial assessments may take approximately one hour. You may be invited to a clinic appointment or a doctor from our team may visit you at home or where suits you best to discuss any mental health concerns you may have. Family and any loved ones are welcome to be present at this time if this suits you
- It may be helpful to bring to your assessment details of your medical history, mental health history, medication list and details of your G.P., pharmacist and any specialist Doctors involved in your care if these are easily available to you at the time
- Following your assessment, a member of our team will work with you in collaboration with the team to develop an agreed plan of care to meet your needs. The duration of time the team will work with you will be dependent on your care needs
- We will update your G.P. and referring Doctor on the outcome of the assessment and any changes to your plan of care

- We have a 13 bedded dementia assessment unit in St Camillus for people experiencing complex behavioural and psychological symptoms of their dementia.
- We also have access to 5 beds in the acute psychiatric unit in 5B University Hospital Limerick for individuals who require inpatient care.

Our Philosophy of Care

Limerick Psychiatry of later team life aims to deliver a high quality service by fostering therapeutic empowering relationships with older persons, their families and any other significant individuals in their lives. Our multidisciplinary approach is recovery focused and individually tailored to meet the needs of our service users through a culture of mutual respect and person centred values. We establish close links with other HSE services and voluntary organizations in the areas of direct patient care, training, education and health promotion. We continue to grow and develop team skills by reflecting on our practices and evaluating our care standards based on recognised evidence based practice and service user needs.

Supports and Services

In this booklet we have included a list of supports and services available to you to support positive mental health well-being in later life. We hope you find this helpful.



Local Mental Health Support Contacts

Limerick Psychiatry of Later Life Team, St Camillus Hospital – 061 483779

Emergency Contact Details

Emergency Services 112 or 999

Garda Confidential Line – 1800 666111

Pieta House- 1800 247247

Shannon Doc- 0818 123500

The Samaritans- 116123

Local Hospitals Contact Details

St John's Hospital, St Johns Square- 061 462222

University Hospital Limerick- 061 301111

Supportive Agencies for Older Persons

Active Retirement Ireland- 01 8733836

Age Action: Support for Ageing and Equality- 01 4756989

Alone: Advocacy and Support for Older Persons- 0818 222024

Aware: Support for Depression and Anxiety- 1800 804848

Alzheimer's Society of Ireland (National Helpline) – 1800 341341

Citizens Information Ireland- 0818 074000

Limerick County Council -061 556000



Supportive Agencies for Older Persons

Limerick City and County Dementia Advisor- 087 0926617

Limerick Nursing Home Support Office- 061461499

Connect Counselling: Counselling for Adults who experienced trauma in childhood- 1800 477477

Decision Support Service: Support around the law supporting people to make their own decisions- 01 2119750

GROW Mental Health Support- 0818 474474

HSE Live- 1800 700700

HSE Your Service Your Say- 1800 424555

Family Carers Ireland – 1800 240724

Living well with Chronic Illness Programmes- 01 8976171

Mabs Money Advice and Budgeting Services– 0818 072000

Memory Technology Resource Room (Limerick) – 061 483645

Mid- West Aries: Mental Health Recovery and Well-Being - 061 461276

Mid- West Drug and Alcohol Service (Limerick) – 061 318633



Supportive Agencies for Older Persons

Mental Health Ireland: Mental Health Supports- 01 2841166

Sage Advocacy Network for Older Persons- 01 5367330

Senior Line Support for Older Persons- 1800 804591

Shine Supporting People in Mental Health- 01 5413715

Peer Advocacy in Mental Health- 01 5470510

Age and Opportunity: Support for life changes in later life-
<https://ageandopportunity.ie>

Age Friendly Homes: Support for older persons to live well at home- <https://agefriendlyhomes.ie>

Beaumont Hospital Mindfulness and relaxation-
www.beaumont.ie/marc

Dementia Services Information and Development Centre-
<https://www.dementia.ie>

Decision Support Service- <https://www.decisionsupportservice.ie>

Headspace Mental Health Support- <https://www.headspace.com>

Medical Card Advice- <https://www.mymedicalcard.ie>

Men's Sheds- <https://www.menssheds.ie>

Silver Cloud Mental Health Supports-
<https://www.silvercloudhealth.com>

Understand Together, Dementia Resources-
<https://www.understandtogether.ie>



The Following information may be helpful for you to keep safely

My GP details
Name
Number
My public health nurse
Name
Number
My community keyworker
Name
Number
My pharmacy
Name
Number



