

North Tipperary Psychiatry of Later Life



Derg Centre, Gortlandroe

Nenagh ,

Co. Tipperary.

Eircode: E45P597

Phone Number: 067 46707

E-mail: ntmhsop.referral@hse.ie



What is the Psychiatry of Later Life Team?

- **The Psychiatry of later life team provides care for individuals sixty five years and over with new onset significant mental health difficulties in North Tipperary**
- **Our team is a multi-disciplinary team, which consists of a Medical Secretary, a Consultant Psychiatrist, A Non-Consultant Hospital Doctor, Community Psychiatric Nurse, Clinical Nurse Specialist, Senior Clinical Psychologist and Senior Social Worker.**

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 also have a five bedded assessment unit in Ennis Hospital for individuals who require inpatient care**

Our Philosophy of Care

North Tipperary Psychiatry of Later 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

**North Tipperary Psychiatry of Later Life Team, Derg Centre –
067 46707**

**Acute Psychiatric Unit, Ennis, Main Office- 065 6863218 or 065
6863208**

**Acute Psychiatric Unit, Ennis, Psychiatry of Later Life
Department - 065 6863207**

Out of Hours Service (Daily 16:00hrs- 03:00hrs) – 086 830 6663

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

Nenagh General Hospital- 067 31491

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

Tipperary County Council -0818 065 000



Supportive Agencies for Older Persons

North Tipperary Dementia Advisor- 087 913 7520

Ascend: Support for Domestic Abuse- 0505 23999

**North Tipperary Home Support Offices-
Nenagh – 067 46461 or Thurles – 0504 25800**

Silver Arch Social Prescribing Service-: Advice around social supports in the community- 067 31800

Silver Arch Family Resource Centre: 067 31800

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-
Nenagh - 0818 072760 /Thurles – 0818 072740**

Memory Technology Resource Room (Limerick) – 061 483645

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

Mid- West Drug and Alcohol Service (Nenagh) – 067 46512



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



