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your HSE guide

Kerry

Kerry PCCC
Kerry Community Services
HSE South, Rathass, Tralee, Co. Kerry
Tel: (066) 718 4500



The Local Health Office is the central focus of all community health and personal social services in your local area. Kerry Local Health Office provides a wide range of services either from the Local Health Office in Tralee, or from the Health Centres and other locations listed in this booklet.

Welcome

I am the Local Health Manager for Kerry.

I am delighted to introduce the Health Service Executive Guide, which we have produced to make sure that you have all the information you need about the health services in our area.

This booklet gives you a full list of the health and personal social services in our area and nearby. It also gives you useful information on how to access services, and guides you to your entitlements for Medical Cards, GP Visit cards, Nursing Home Care and other Schemes.

My job as the manager of the Local Health Office is to make sure that the community health services in this area work for you. I also wish to ensure that the people living in this area can access the services they need when they need them.

We also work closely with the hospitals in the area, so that people can move easily between the community and hospital system.

I hope that you find this HSE Guide of use, and that you keep it somewhere safely in your home, so that if an occasion arises, it will be at hand with the information you need.

Tom Leonard
Local Health Manager, Kerry

HSE infoline: Callsave 1850 24 1850

The Health Service Executive provides a national information service, the HSE infoline, which offers everyone in Ireland easy access to information on over 110 health and social service topics, all for less than the cost of a local call.

The service can provide confidential information on a wide range of queries, like:

- Medical Cards
- GP Visit Cards
- European Health Insurance Card
- Drugs Payment Scheme
- Long-Term Illness Scheme
- Back to School Clothing and Footwear Scheme
- Home Help Services
- Nursing Home Subvention
- Health Promotion literature
- Supplementary Welfare Allowance.

The HSE infoline can also advise on health services, entitlements, eligibility, application forms and contact details for services across the country.

Information is also made available via email or fax, and the infoline offers a sigma text-pad facility for people with a hearing impairment.

The HSE Infoline operates from 8.00am to 8.00pm Monday to Saturday.

YOU CAN CONTACT THE HSE INFOLINE ON:

Callsave: 1850 24 1850

Fax: (041) 685 0330

Email: info@hse.ie

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Health Services – What am I entitled to?

We all need to use the health service at some point in our lives. The Health Service Executive (HSE) runs all of Ireland's public health and personal social services, including hospitals, health centres, community services for older people and much much more.

Who is eligible for Health Services in Ireland?

Everyone who is ordinarily resident in Ireland is eligible for public health services. This means people who have been living here for a minimum of one year or intend to live here for a minimum of one year.

Do I have to pay for Health Services?

Ireland has a government funded public health service, where all people living here are entitled to certain services either free of charge or at a reduced cost. These services include:

- Visits to a Public Hospital Consultant, when referred by your GP.
- Stays in a Public Hospital, where the only charge to you will be a nominal in-patient charge, for up to the first 10 nights. Medical card holders are exempt from these charges.
- Accident and Emergency Departments do charge a fee for walk in visits, but if you are referred by your GP or you hold a current medical card, your visit is free.
- All schoolchildren can receive free dental checks and care up to the age of 16 years, and all children can avail of their required childhood immunisations free of charge from a GP.
- All expectant mothers are entitled to free Maternity Care and Post Natal visits up to six weeks after a baby is born, including Public Health Nursing following the birth of a child. Developmental checks are also provided for all infants and young children.
- GP services are free in Ireland for those who hold either a Medical Card or a GP Visit Card. Other patients must pay a consultation fee.

A wide range of other health and personal social services are provided by the HSE to you and your family. The following pages outline the main schemes and benefits available, and the second part of this booklet gives you contact details for all the essential HSE services in your area.

Medical Cards and GP Visit Cards

Medical Card holders are entitled to GP services, community services, dental services, prescription medicine costs, hospital care and a range of other benefits free of charge. People can qualify for a medical card either on the basis of their income, or in some cases if a particular medical condition means their basic medical costs are very high. All people aged over 70 are entitled to a full medical card regardless of means.

GP Visit Card holders are entitled to the services of a GP free of charge. The income guidelines are 50% higher than the Medical Card.

Who can apply?

Anyone can apply for a GP Visit Card or a Medical Card – families, single people, even those working full time.

Is it means tested?

Yes, but for GP Visit Card and Medical Card applications, the HSE now considers your income *after* tax and PRSI is deducted, rather than total income. We also make generous allowances for your expenses on childcare, on rent and mortgage costs and on travel to work.

The HSE can also grant Medical or GP Visit Cards to individuals or families who exceed the income guidelines, but who have particular circumstances, e.g. chronic illness, that mean medical costs would result in undue hardship.

How do I apply?

It is easy and very simple to apply. One application form is now used for both Medical Cards and GP Visit Cards, and the HSE will assess each application for a full Medical Card in the first instance and then for a GP Visit Card.

The HSE has set up a calculator on our website – www.hse.ie. It allows you to enter your details and will give you a guide to your eligibility for a GP Visit Card or a Medical Card. You can confirm this by then making a full application at any Health Centre or Local Health Office.

Contact the HSE today to see if you can get a GP Visit Card or a Medical Card. You can pick up an application form from your local Health Office, from our website, www.hse.ie, or call the HSE infoline on callsave: 1850 24 1850.

Drugs Payment Scheme

What is the Drugs Payment Scheme?

With a Drugs Payment Scheme (DPS) card, an individual or family in Ireland only has to pay a maximum amount monthly for approved prescribed drugs, medicines and certain appliances. As of September 2006, the maximum amount a family must pay is €85. Please check our website, www.hse.ie or your Local Health Office for any changes to this amount.

Everyone in Ireland who does not have a Medical Card should apply for a DPS card. This scheme is aimed at those who normally have to pay the full cost of their medication. It also applies to those who have a GP Visit Card. Anyone ordinarily resident in Ireland can apply to join the scheme, regardless of family, financial circumstances or nationality. A person is regarded as being ordinarily resident in Ireland if s/he can satisfy the HSE that it is his/her intention to remain in Ireland for a minimum period of 1 year.

If a family combines a Drugs Payment Scheme card with a GP Visit Card, it could mean they would pay no more than €20 per week for GP Visits or prescriptions. See the previous pages for information on GP Visit Cards.

How do I apply?

You can get a registration form from your pharmacy or Local Health Office. Fill in the details of all your family members. Family expenditure covers the head of household who must be an adult his/her spouse/partner with whom he/she lives and children under 18 years of age. Dependants over 18 and under 23 years of age who are in full time education may also be included. Forward your application to your Local Health Office and you will be sent a card for each member of your family. You do not have to register with a particular Pharmacy for the DPS but for convenience it is advisable to use the same pharmacy in a particular month if you wish to avoid paying more than the maximum amount per month. You must present your card each time you attend before a prescription can be dispensed.

If you lose or misplace your Drugs Payment Scheme card, contact your Local Health Office. You can also call the HSE infoline: 1850 24 1850, for more information.

European Health Insurance Card

What is the EHIC?

The European Health Insurance Card or EHIC was introduced in 2004 across the European Union. It allows Irish Residents to access health services in any EU country and in Switzerland, Iceland, Liechtenstein and Norway, if they become ill or injured while on a temporary stay in that country.

Is the EHIC free of charge?

There is no charge to apply for or renew an EHIC. The HSE accepts renewals and applications for EHIC cards at all HSE Local Health Offices, and on the HSE managed site – www.ehic.ie.

What do I do if I become ill or injured in another member state?

To obtain healthcare with the Card, go to the nearest public system doctor, public hospital, or other public treatment centre and present your Card. Treatment in a private setting is not covered by the Card.

Do I need private insurance in addition to the Card?

Public healthcare systems vary from country to country. The Card does not cover the cost of repatriation and in addition, illness or an accident abroad may mean extra travel and accommodation costs. You may therefore wish to take out private insurance for your trip. You will find more about your entitlements in particular countries at your Local Health Office or on www.ehic.ie.

How long will it take to get a Card?

You will receive your Card within approximately 10 working days of receipt of your application.

What if I don't have time to get a Card before I travel?

You can get a Temporary Replacement Certificate, which gives you the same entitlement as the Card, but for a shorter period, and can be issued by your local Health Office. One Temporary Replacement Certificate is issued per person.

How do I apply?

You can apply online once you hold either a medical card or a drugs payment card by accessing our website www.ehic.ie Applying for the card is very easy. Application forms are available from local HSE Health Centres, from your Local Health Office or from our website, www.ehic.ie. You can also call the HSE infoline: 1850 24 1850, for more information.

Immunisation

What is immunisation?

Immunisation is a simple, safe and effective way of protecting your child against certain diseases. Children and young people in Ireland are entitled to certain vaccinations and immunisation services free of charge. These vaccines are provided in a range of settings: by your GP, in hospitals, at Health Centres, at home or at school.

Is immunisation free?

Vaccinations under the Childhood Immunisation Programme in Ireland are provided free of charge to all children. The childhood immunisation programme (outlined opposite) protects children from the following: Tuberculosis, Diphtheria, Tetanus, Whooping cough (Pertussis), HiB (Haemophilus influenzae B), Polio, Meningitis C, Measles, Mumps and Rubella.

Are vaccines safe?

The vaccines used in Ireland are safe. All medicines can cause side effects, but with vaccines these are usually mild, like a sore arm or leg or a slight fever. Serious side effects to vaccines are extremely rare.

Research from around the world shows that immunisation is the safest way to protect your child's health. Your doctor or nurse can discuss the risks with you before giving your child their vaccines.

All the recommended vaccines used to protect children in Ireland are licensed by the Irish Medicines Board or the European Medicines Evaluation Agency. They are allowed to be used only after they have been shown to be both effective and safe.

Where can I get my child immunised?

The HSE recommends that all parents bring their children for immunisation, which is free from your GP. If you have any more questions or need more information, you can visit the HSE website – www.immunisation.ie, or speak to your GP or your Public Health Nurse in your Local Health Centre.

You can also call the HSE infoline: 1850 24 1850, for more information.

Childhood Immunisations

AGE TO IMMUNISE	TYPE OF VACCINE
Birth <i>to 3 mths available at Local Health Centre</i>	BCG tuberculosis vaccine
2 MONTHS <i>Free from your GP</i>	5 in 1: Diphtheria, Tetanus, Whooping Cough (Pertussis), HiB (Haemophilus influenzae B), Polio (Inactivated poliomyelitis) Men C (Meningococcal C)
4 MONTHS <i>Free from your GP</i>	5 in 1: Diphtheria, Tetanus, Whooping Cough (Pertussis), HiB (Haemophilus influenzae B), Polio (Inactivated poliomyelitis) Men C (Meningococcal C), Diphtheria
6 MONTHS <i>Free from your GP</i>	5 in 1: Diphtheria, Tetanus, Whooping Cough (Pertussis), HiB (Haemophilus influenzae B), Polio (Inactivated poliomyelitis) Men C (Meningococcal C)
12 TO 15 MONTHS <i>Free from your GP</i>	MMR: Measles, Mumps, Rubella HiB Booster (Haemophilus influenzae B)
4 TO 5 YEARS <i>Free in School</i>	4 in 1: Diphtheria, Whooping Cough, Tetanus, Polio MMR: Measles, Mumps, Rubella
11 TO 12 YEARS <i>Free in School</i>	MMR: Measles, Mumps, Rubella (not necessary if two doses have already been given)
10 TO 14 YEARS <i>Free in School</i>	BCG (if not already protected)
11 TO 14 YEARS <i>Free in School</i>	Td: Tetanus, Diphtheria

Nursing Home Services and Subvention

The HSE provides a wide range of services for older people, including in-patient acute services, step down and convalescent care, day services, rehabilitation, community services, home care and home helps.

The simplest way to enquire about or access these services is to speak to either your GP, or to ask at your Local Health Centre to speak to the Public Health Nurse.

The HSE also pays a subvention, or a subsidy, toward the cost of a private nursing home beds. The subvention is designed to help with nursing homes costs and is subject to a means test, and a dependency test – meaning how much care the person needs.

You can apply for Nursing Home Subvention from your Local Health Office. Application forms are available from the Continuing Care Services Department, Floor 5, 26 South Mall, Cork, Tel: (021) 492 1841/42/43/44/45. The HSE will carry out a means test and an assessment of dependency. The dependency assessment is carried out on behalf of the HSE by a doctor, nurse, occupational therapist or physiotherapist. The applicant's medical condition is taken into account and the assessment also includes an evaluation of their ability to carry out the tasks of daily living and of the level of social support available to the person. The kinds of factors assessed might include: mobility, ability to care for oneself, communications, quality of memory etc.

The nursing home regulations also permit the HSE to take account of a person's assets and income in determining entitlement to nursing home subvention. Where a person has assets they may have to use these to fund nursing home care.

A Fair Deal – The Nursing Home Care Support Scheme

The Minister for Health and Children has announced plans for a significant change in how nursing home care is provided and paid for. From early 2008, the current subvention and public nursing home schemes will be replaced by a new Nursing Home Care Support Scheme, which is designed to ensure that everyone who enters a nursing home, public or private, pays a fair portion of their income as a contribution towards the cost of their care. For more information on this scheme, contact your Local Health Office, or the HSE Infoline on: 1850 24 1850. Also you can contact the HSE website at www.hse.ie, this has details of these schemes as well.

Long-Term Illness Scheme

What is the Long-Term Illness Scheme?

If you have certain long-term illnesses or disabilities, you can apply to join the Long-Term Illness Scheme.

How do I qualify?

You must be ordinarily resident in Ireland and hold a PPSN. You qualify if you have one of the illnesses or disabilities listed below:

- Acute Leukaemia
- Cerebral Palsy
- Cystic Fibrosis
- Diabetes Insipidus
- Diabetes Mellitus
- Epilepsy
- Haemophilia
- Hydrocephalus
- Mental handicap
- Mental Illness (in a person under 16 years of age)
- Multiple Sclerosis
- Muscular Dystrophies
- Parkinsonism
- Phenylketonuria
- Spina Bifida
- Conditions arising from the use of Thalidomide.

There is no income requirement or means test. If you have a medical condition that is not listed above, you should consider applying for a Medical Card or a GP Visit Card.

If you have one of these conditions, you will be supplied with a Long-Term Illness book. This booklet allows you to get drugs, medicines, and medical and surgical appliances directly related to your illness, free of charge. It does not depend on your income or other circumstances and is separate from the Medical Card Scheme and the GP Visit Card Scheme.

How do I apply?

The Long-Term Illness Scheme application form is available from your Local Health Office. Your doctor or consultant will sign the form to confirm your condition and list your medication.

You can also call the HSE infoline: 1850 24 1850, for more information.

Dental Services

The HSE provides Dental Services to children less than 16 years of age, to Medical Card holders and to EU residents for emergency treatment. Some services are provided by the Dentists employed by the HSE, and some by private dentists.

What Dental Services are available for children?

Children attending primary schools or secondary schools can be referred for Dental treatment following a routine school visit. Children attending primary school are screened in 2nd and 6th class, 2nd year in secondary school, and are referred for treatment if necessary to the local dental clinic. Emergency dental services are also available to all children and adult medical card holders.

What Dental Services are provided for Medical Card holders?

Medical Card holders can get a list of participating Private Dental Practitioners from their Local Health Office or HSE Dental Clinic. Once the dentist has accepted you as a patient you must bring your medical card with you when attending on your first visit. The following treatments are available with a Medical Card: Fillings, Cleaning/polishing, Extractions, Dentures and Root Canal Treatment.

What if my child needs braces?

Some children where necessary are referred onto their Orthodontic Clinic for further treatment. This referral is from the Principal Dental Surgeon in the health centre and Orthodontic Treatment is free.

Can I get tax relief on dental expenses?

If you do not have a medical card and have to pay for dental services from a private practitioner, you may claim tax relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office.

Can my PRSI help pay for dental treatment?

Treatment Benefit is a scheme in Ireland operated by the Department of Social and Family Affairs. Under this scheme, contributions made by people through PRSI can be accessed to repay some of the cost of dental treatment. Ask your Dentist for more information.

To learn more about Dental Services in your area, contact your Local Health Office. You can also call the HSE infoline: 1850 24 1850, for more information.

Dental Clinics in Kerry

Ardfert	(066) 711 5900
Caherciveen	(066) 947 2273
Dingle	(066) 915 2613
Kenmare	(064) 41042
Killarney, St. Anne's Road	(064) 35665
Killorglin	(066) 976 2060
Listowel	(068) 21505
Moyderwell, Tralee	(066) 712 2912
Kerry General Hospital	(066) 718 4237

Back to School Clothing and Footwear Allowance

What is the Back to School and Footwear Allowance?

The Back to School Clothing and Footwear Allowance is in place to help families meet the cost of uniforms and footwear for students in Ireland attending school. The scheme operates from June 1st to September 30th each year.

How do I qualify?

To be eligible for the Back to School Clothing and Footwear Allowance, the parent or guardian must meet one of the following conditions:

- In receipt of a social welfare payment (including Family Income Supplement) or a HSE payment
- Taking part in an approved employment scheme
- Taking part in a recognised education or training course
- Involved in an Area Partnership Scheme
- Attending a FÁS, Fáilte Ireland or LES training scheme.

The child/student must also be aged between 2 and 22 years before 1st October of the year you apply and must be in full-time education at a recognised school or college.

Where a person is on short term social welfare payment, qualifying children must be aged 2-17 years.

Is the allowance means tested?

Yes, the HSE Community Welfare Officer in your Local Health Centre will assess your income and decide if you are eligible. Your total household income means your main social welfare or HSE payment and any other income you may have including wages, before tax but excluding PRSI and reasonable travel expenses.

Any income you get by way of rent or mortgage interest supplement, Family Income Supplement, Blind Welfare Allowance, Rehabilitative Training Allowance, rehabilitative employment (up to €120 per week), Home Help, Domiciliary Care Allowance and Mobility Allowance is not counted.

How do I apply?

You should apply to the Community Welfare Officer (CWO) at your Local Health Centre. You can also call the HSE infoline: 1850 24 1850, for more information.

Supplementary Welfare Allowance

What is Supplementary Welfare Allowance?

Supplementary Welfare Allowance provides a basic weekly allowance to eligible people who have little or no income. In addition, payments can also be made in respect of urgent or exceptional needs.

What types of payments are made under the scheme?

Basic Payments

If you have no income you may be entitled to basic Supplementary Welfare Allowance. If you have claimed a social welfare payment but it has not yet been paid, and you have no other income, you may qualify for Supplementary Welfare Allowance while you are awaiting payment.

Supplements

If your income, whether from basic Supplementary Welfare Allowance or otherwise, is too low to meet certain special needs, you may be granted a weekly supplement. Special needs may include rent/mortgage payments or exceptional expenses due to ill-health. The amount of any supplement will be decided by the Health Service Executive based on your circumstances.

Exceptional Needs Payments

These are paid to assist with essential, once-off expenses in exceptional circumstances. This is at the discretion of the HSE, and depending on your circumstances, may be paid to assist with the cost of essential household equipment, funeral expenses or any other unforeseen large expenses.

Rent and Mortgage Interest Supplements

The HSE can also assist with rent or mortgage interest payments for people on very low incomes. This may depend on:

- the size of your accommodation and your family size
- if you have applied for or have been refused Local Authority housing
- the cost of your accommodation
- whether you are sharing your accommodation.

When and how do I apply?

You can apply to the Community Welfare Officer at your local Health Centre. You can also call the HSE infoline: 1850 24 1850, for more information.

Domiciliary Care Allowance

DCA is a monthly allowance administered by the HSE and may be paid in respect of eligible children from birth to the age of 16 who have a severe disability requiring continual or continuous care and attention, which is substantially in excess of that normally required by a child of the same age. The condition must be likely to last for at least one year. Where medical confirmation is supplied which pre-dates the actual date of application and the HSE's Senior Medical Officer (SMO) is satisfied that the child requires continual or continuous care and attention, substantially in excess of that normally required by a child of the same age, then payment may be made from the date the SMO is satisfied that such additional care and attention was required. The current monthly rate is €281.30. Respite Grant (2006) €1,200 is payable the first week in June by the HSE provided Carer's Allowance is not in payment, in which case the Respite Grant will be paid to you by the Dept. of Social, Community & Family Affairs. An application form and further information is available from your Local health Office or contact: (066) 718 4562.

Motorised Transport Grant

The HSE may pay a grant towards the purchase of a car and/or adaptation to a car being purchased by a person with a severe disability who is 17 years or older and up to 65 years of age, where such a car is essential for him/her to retain employment. Self-employed persons who satisfy the criteria of eligibility may also be considered (subject to above age limits). In cases, where an application is made on the basis of retaining employment or self employment, the HSE must be satisfied that the applicant is capable of holding down a job, has the physical capacity to drive the vehicle and is qualified to hold a driver's licence (full or provisional). However, qualified persons with a disability who are incapable of driving or who have been medically advised not to drive, and who have to be driven to and from his/her place of employment will only be considered eligible for a grant provided that he/she will be driven by another named person to and from his/her place of employment. The car must be purchased in the name of the person with a disability. The maximum grant rate is currently €4,806.60 (2007). Application forms and details of eligibility criteria are available from your Local Health Office or contact: (066) 718 4561.

Mobility Allowance

A Mobility Allowance is payable by the HSE, subject to a means test, to persons with a severe disability. Applicants must be over 16 years and under 66 years. The allowance provides financial support to eligible people who are unable to walk or use public transport and is intended to enable them to benefit from a change of surroundings – for example, by financing the occasional taxi journey. Eligible persons must reside at home or in any long stay facility. Such eligible persons can continue to receive payment after they reach the age of 66 provided they were receiving the allowance prior to their 66th birthday. Persons aged 66 or over are not eligible. The allowance is paid on a monthly basis. The current rate of payment is €190 (2007) for persons not availing of the Disabled Drivers Tax Concessions and €95 for those who do receive same. Application forms and further details are available from your Local Health Officer. Completed application forms must be countersigned by the applicant's General Practitioner to certify that the applicant meets the medical criteria for the allowance.

Blind Welfare Allowance

Blind Welfare Allowance is a means tested supplementary payment to eligible persons who are blind or visually impaired in addition to an existing Department of Social & Family Affairs income maintenance payment. It is also payable to eligible persons who income is below the combined Blind Pension rate and Blind Welfare Allowance rate. An applicant must be registered with National Council for the Blind or have a qualifying certificate of visual impairment from the ophthalmic surgeon. This allowance is paid to eligible persons from 16 years of age. Persons maintained in a long-term facility are not eligible to apply for Blind Welfare Allowance. Where a person is admitted to a Private Nursing Home he/she may be considered for the allowance, as it is then their normal place of residence. Present rate of Blind Welfare Allowance per week is €57.80. Application forms and further details are available from your Local Health Office or contact: (066) 718 4571.

An Introduction to our Primary, Community and Continuing Care Services

Your Local Health Office is the focus of our community health and personal social services. Services available from your Local Health Office and Health Centres include GP services, Public Health Nurses, Social Work and Child Protection Services, Medical Cards, GP Visit Cards, Child Health Services, Community Welfare, Disability Services, Older People Services, Chiropody, Ophthalmic, Speech Therapy, Addiction Counselling & Treatment, Physiotherapy, Occupational Therapy, Mental Health Services, Home Help and more.

Kerry Community Services have offices in Tralee, and Health Centres all over the county. Contact details for our Community Services are listed below.

Local Health Office

Kerry PCCC, Kerry Community Services
HSE South, Rathass, Tralee, Co. Kerry
Tel: (066) 718 4500

The following are some of the services provided by Kerry PCCC Administration Department:

Blind Welfare Allowances	(066) 718 4571
Community Welfare Officers	(066) 718 4571
Dental Service	(066) 718 4900
Domiciliary Care Allowance	(066) 718 4562
Drugs Payment Scheme	(066) 718 4560
Freedom Of Information	1850 742 000
Hardship Scheme	(066) 718 4519
Home Help Scheme	(066) 719 5615
Housing Aid for over 65's	(066) 718 4590
Long Term Illness	(066) 718 4519
Medical Cards	(066) 718 4937
Mobility Allowance Scheme	(066) 718 4561
Motorised Transport/Primary Medical Cert.	(066) 718 4561

Oxygen	(066) 719 5679
Sight Testing Scheme	(066) 718 4557
Tralee Health Centre Reception	(066) 719 5676

GP Out-of-Hours Service, SouthDoc: 1850 335 999

This is a service to provide you and your family with access to family doctor services outside of normal hours. This service operates from 6.00pm to 8.00am Monday to Friday, and from 1.00pm to 8.00am on Saturday, Sunday and Bank Holidays from 1.00am on Saturday to 8.00am on Tuesday.

Health Centres in Kerry

Ardfert	(066) 711 9857 or 713 4411
Annascaul	(066) 915 7227
Ballinskelligs	(066) 947 9127
Ballyduff	(066) 713 1388
Ballyheigue	(066) 713 3355
Ballylongford	(068) 43111
Brosna	(068) 44611
Caherciveen	(066) 947 2266
Castleisland	(066) 714 1377
Causeway	(066) 713 1221
Dingle	(066) 915 1777
Glenbeigh	(066) 976 8239
Gneeveguilla	(064) 56383
Kenmare	(064) 42414
Kilgarvan	(064) 85322
Killarney	(064) 31408
Killorglin	(066) 976 1276
Knocknagoshel	(068) 46297
Listowel	(068) 21505
Miltown	(066) 976 7113
Rathmore	(064) 58169
Sneem	(064) 45102
Tarbert	(068) 36241
Tralee	(066) 719 5676
Waterville Scariff	(066) 947 4204

Domiciliary Midwifery Services

The Health Service Executive offers a Home Birth Service to those low risk women who have made an informed decision to be confined at home for the birth of their babies. A defined service, which is free of charge to the mother, is provided in counties Cork and Kerry by a number of experienced Community Midwives who have entered into an agreement with the Health Service Executive for the provision of this service. The service provided is based on best practice guidelines for domiciliary ante natal care, care during labour and delivery and post natal care. For further details please contact the Home Birth Co-ordinator at: (087) 288 9499 or (021) 492 3935.

Public Health Nursing

There are Public Health Nurses working from every Health Centre in our area, who provide a range of services to people in their homes. They are often your first contact with the HSE, as they visit new mothers to check on them and their babies, and provide advice on care, feeding and development. They also provide aftercare to people who have been discharged from hospital and a range of other services. Contact your Public Health Nurse at your Health Centre, or call: (066) 719 5676.

Childcare Services

Where child protection and welfare concerns exist, the Area Social Work Team provides support to children and families at risk in the community. This team which consists of Social Workers, Child Care Worker and Family Support Services ensure the protection and welfare of children and provide alternative care for children when required. The Foster Care Team recruit, support and train foster carers who provide care for children who cannot safely remain in their own homes.

Child Care Managers Office	(066) 719 5622
Duty Social Worker – Tralee	(066) 712 1566
Duty Social Worker – Killarney	(064) 36030
Fostering Services	(066) 719 5623
Adoption Services	(066) 719 5628

Child Health Service

Area Medical Officers provide child health screening services to preschool and school children. They work with Public Health Nurses within a geographical area to deliver these services.

The following services are provided:

Information and advice to parents about health, healthy lifestyles and illness. Screening of preschool and school children to detect physical, psychological and developmental problems. Vaccination of children against TB (BCG), diphtheria, tetanus, polio, whooping cough, measles, mumps and rubella is provided at clinics in Health Centres throughout the county. You can contact the Area Medical Officers at: (066) 719 5611.

Chiropody Service

Chiropody Services are available for medical card holders on a limited basis. For information contact your public health nurse. Tel: (066) 718 4559.

Community Welfare Service

Community Welfare Officers are available at Health Centres throughout the County and can give financial support to those in need, in the form of supplementary welfare allowance. They also provide information on entitlements and can assist with the completion of forms like Medical Card, GP Visit Card etc. Details of attendance are available at Health Centres or by contacting the following number: (066) 718 4571.

Disability Services

The Local Health Office works with a range of voluntary services in the area to provide care, training and development for children and adults with learning or physical disability. Tel: (066) 719 9721.

General Practitioner Services

There are a large number of GPs working in the area, and your Local Health Office can help you to find a GP, or can advise on entitlements such as a Medical Card or GP Visit Card. For a list of GPs in your area contact: (066) 718 4937.

Home Help

Home Helps work with people in the community, who through illness or disability are in need of help with day to day tasks. A home help might visit for a couple of hours per day, to help with housework, or sometimes may provide more personal care like help with bathing etc. You can access this service through your Public Health Nurse or contact: (066) 719 5679.

Occupational Therapy Service

These services are provided to people who through illness or disability are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with special needs, and on activities that will help a person to regain their independence. Call the OT Department on: (066) 719 9708.

Ophthalmic Services

Pre-school & Primary School Children and Medical Card holders are entitled to Ophthalmic/Eye Testing Services free of charge.

Sources of referrals

Pre-School Health Clinics, Primary School Health Screening and GP's.
For details please contact: (066) 718 4550.

Physiotherapy Services

Community Physiotherapy services are provided from the Local Health Office, helping people who have suffered an injury or illness to regain their health or mobility through exercise and movement. To contact the Physiotherapy Service call: (066) 718 4280.

Community Speech & Language Therapy Service

The speech & language therapist assesses, diagnoses and manages those clients who present with communication and/or swallowing difficulties. The service in the Kerry Local Health Area is currently provided to children and adolescents. A very limited adult service is provided. Adults require medical referral. An open referral system operates. Contact: (066) 719 9730. Clinics are held in: Tralee, Killarney, Listowel, Cahirciveen, Castleisland, Dingle & Kenmare. Children with an intellectual or physical disability may receive SLT services from intellectual or physical disability service providers.

Community Work

Community Workers work with Voluntary and Community Groups that provide services and programmes for the following groups – Older People, Childcare and Family Support, Peer Support Groups, Travellers etc. Community Workers provide information on grant-aid from the HSE and other Agencies and will support groups to develop plans to respond to the Health and Social Care needs of their Communities. For further information contact: (066) 719 5635.

Community Nutrition and Dietetic Service

The purpose of the Community Nutrition and Dietetic Service is to provide dietary assessment and dietary advice in the management and treatment of medical conditions requiring nutrition intervention and also in the promotion of optimum health by empowering people to take responsibility for their own health and to adopt healthy eating guidelines. Nutrition and Dietetic Clinics are run in some GP Practices and in some Health Centres.

Environmental Health

Environmental health personnel fulfil duties under listed legislation. Their role includes preventative and promotional measures to protect the health of the population through food and environmental health controls. (e.g. Tobacco Legislation). Tel: (066) 718 4810.

Housing Aid for the Elderly Scheme

The primary aim of the scheme is to provide financial assistance to older people who reside alone and are not in a position to carry out urgent necessary repairs to their own homes. Basically, aid is made available for repairs to make a dwelling habitable by providing a warm safe and healthy environment, thereby enabling older people to continue living in their own homes for as long as possible. The type of works carried out include the following: replacement of windows & doors, roof repairs, provision of heating, sanitary and necessary electrical works.

Pre-School Department

The Pre-school Service Department is responsible for implementing the legislation contained in the Child Care [Pre-school Services] Regulations 1996. These regulations prescribe the measures, which must be in place to meet the requirements of Part VII of the Child Care Act 1991.

Services Provided in the Pre-School Department

- The supervision and inspection by Pre-school Inspection Teams of all notified pre-school services, i.e. any pre-school, play group, day nursery, crèche, day care, some childminders or other similar services that cater for pre-school children, including those grant-aided by the Health Service Executives.
- Providing information and advising pre-school service providers in relation to the regulations etc.
- Providing information to interested persons.
- Recording of complaints and investigation of same by the Pre-school Inspection Teams.

Kerry Inspection Teams

Pre-schools Department, HSE South, 19 Denny Street, Tralee, Co. Kerry
Tel: (066) 718 4911

Child, Adolescent & Family Psychology Service (Kerry)

The aim of Community Psychology Services is to promote psychological well-being and to provide assessment and therapy to children/adolescents (between 0-18 years) and their families.

Reasons for referral include:

Behavioural/emotional problems (mild to moderate); sleeping/toileting difficulties; fears/anxieties/phobias; family relationship difficulties; psychosomatic problems; adjustment to life events (e.g. parental separation, grief, illness, trauma); abuse (physical, emotional, sexual) and neglect; adolescent issues.

The Psychology Service also works with children and the families of children who are in the care of the HSE. Tel: (066) 719 9708.

Residential Services for Children

The HSE South is required to make available to children who, for a variety of reasons, cannot live at home, accommodation that is suitable in meeting their needs. Most children looked after by the HSE live in family based care arrangements, but others require a degree of structure and care that can only be provided in a residential care setting. Residential care takes many forms, ranging from low support hostel style facilities to Special Care centres, where children have a high degree of supervision. The HSE South currently operates twelve Residential Centres across Cork and Kerry.

Community Hospitals

The HSE South manages and runs Community Hospitals throughout Cork and Kerry. These hospitals provide a wide range of services and are primarily focused on the needs of the elderly.

Services provided:

- Assessment and Rehabilitation
- Convalescent Care
- Continuing Care
- Respite Care
- Palliative Care
- Day Care.

See list below for contact numbers of Community Hospitals in Kerry:

Caherciveen Community Hospital, (St. Anne's)	(066) 947 2100
Dingle Community Hospital	(066) 915 1455
Kenmare Community Hospital	(064) 410 88
Kerry General Hospital (Dinish & Loher Ward).	(066) 718 4000
Killarney Community Hospital	(064) 31076
Listowel Community Hospital	(068) 21022
St. Columbanus Home Killarney	(064) 31018

Day Care Centres for Older Persons**The main objectives of Day Centres are:**

- To provide a service such as a mid-day meal, a bath, physiotherapy, occupational therapy, chiropody, laundry and hair dressing.
- To promote social contact among the elderly and prevent loneliness.
- To relieve caring relatives, particularly those who have to go to work, of the responsibility of caring for elderly persons during the day.
- To provide social stimulation in a safe environment for elderly people with mild forms of dementia.

People attending a Day Centre are generally active but many require assistance in some activity of daily living, such as preparing food, bathing or washing clothes. The development of Day Centres/Day Care Centres in Cork and Kerry has included Centres managed exclusively by the HSE, managed in partnership with voluntary agencies and Centres exclusively managed by Voluntary Organisations. There is variation in the staffing of these Centres and in the services they provide.

Day Care Centres in Kerry

Castleisland Day Care Centre, Chapel Lane, Castleisland	(066) 714 3865
Dingle Day Care Centre, Green Street, Dingle	(066) 915 1300
Holy Cross Gardens Day Care Centre, Rock Road, Killarney	(064) 31987
Kilgarvan Day Care Centre, Rockmount, Kilgarvan	(064) 85322
Killorglin Day Care Centre, Market Street, Killorglin	(066) 979 0907
St. Josephs Day Care Centre, Church Place, Rathmore	(064) 58588
St. Patrick's Day Care Centre, Boherbee, Tralee	(066) 712 7351

Registration Services – Births, Deaths & Marriages

Civil Registration Service is responsible for the recording of all life events of births, stillbirths, deaths and marriages. It also deals with all late registrations and re-registrations. Another major role of Civil Registration Service is the preparation and solemnisation of civil marriages.

Palliative Care

Kerry Palliative Care is provided by the Specialist Palliative Care Team. The Team is led by a Consultant in Palliative Medicine based in Kerry General Hospital and comprises of junior doctors, Specialist Palliative Care nurses based in both Kerry General Hospital and the community, physiotherapists, social workers, chaplains and administration staff.

The Specialist Palliative Care Team works alongside the doctors and nurses who have already been caring for the patient during their illness. The community Specialist Palliative Care Nurses consists of two teams - North Kerry Team based in the Specialist Palliative Care Unit and South Kerry Team based in Killarney Community Hospital.

The nurse visiting the patient at home will work with the family doctor/GP and public health nurse in providing symptom control and will liaise with the hospital services and the specialist palliative care team.

Patients are referred to the Specialist Palliative Care Team by Family Doctor/GP.
Tel: (066) 718 4085

Counselling – Substance & Alcohol Abuse Services

Community Counselling & Advisory Service – Kerry
Counselling & Advisory Service, Block F, Ground Floor,
Edward Court, Edward Street, Tralee, Co. Kerry
Tel: (066) 718 4968

Mental Health Services

It is estimated that one in four of us will experience some mental health problems in our lifetime. In most circumstances this will be a short-lived episode but a small number will experience more severe mental health problems. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your General Practitioner for advice as these complaints may be symptoms of depression. Most people with depression are treated by their General Practitioner. Occasionally a General Practitioner may refer somebody for specialist help. This usually involves attendance at an out-patient clinic. Only in very severe cases is hospital admission required.

Out-Patient Clinics

Caherciveen Health Centre	(066) 947 2524
Dingle Health Centre	(066) 915 1777
Kenmare	(064) 41091
Killarney, Grosvenor Court, High Street	(064) 70750
Kilgarvan Heather View	(064) 85502
Killorglin	(066) 979 6872
Listowel Health Centre	(068) 21505
Kerry General Hospital	(066) 718 4000
Ardfert Medical Centre	(066) 711 5957

Area Headquarters

St. Finan's Hospital, Killarney	(064) 31022
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Hospitals

Kerry General Hospital Acute Unit	(066) 718 4000
St. Finan's Hospital Killarney	(064) 31022

Day Hospitals

Killarney, Leawood House	(064) 35563
Listowel Senan House	(068) 22343
Tralee Catherina House	(066) 712 3278

Day Centres

Caherciveen Fertha View	(066) 947 2253
Castleisland, Shanowen Centre	(066) 714 3782
Dingle	(066) 915 1632
Killarney Lantern Lodge	(064) 33809
Kilgarvan Heatherview	(064) 85502
Killorglin	(066) 979 6872
Rathmore Teach Mhuire	(064) 58445
Tralee Kilarden House	(066) 712 8433

Community Residences

Caherciveen Island View	(066) 947 2898
Killarney Cherryfield House	(064) 70708
Listowel, Writers Grove	(068) 50790
Rathmore, Teach an Churam	(064) 58638
Tralee Kilarden House	(066) 712 0006

Training Centres

Coolgrane Training Centre Killarney	(064) 70641
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Group Homes

There are a number of low support residences located in Tralee, Listowel and Caherciveen.

Tel: (064) 70680/93

Psychiatry – Child & Adolescent

The purpose of the service is to provide a mental health service to children and adolescents who are experiencing moderate to severe emotional, psychological or behavioural problems. Age range 0-15 years is seen for assessment, once referral is made prior to 16th birthday. Expected waiting list time and priority status decision may influence referral acceptance determination. Some adolescents who have been assessed prior to their 16th birthday may continue to be offered a service up to their 18th birthday.

Tel: (066) 714 4081

Intellectual Disability & Autism Services

Cluain Fhionnain, IDU, Ballydribbeen,
Killarney, Archview House

Tel: (064) 70681/94

Suicide Helpline

Confidential advice and support for those who are feeling suicidal.

Freephone: 1800 742 745

Open: 6.00pm – 10.00pm daily

Suicide Bereavement Support Service

Confidential advice and support for those who have lost someone through suicide. Tel: (087) 798 6944

Farm & Rural Stress Helpline

Confidential advice and support for people living in a rural area.

Freephone: 1800 742 645

Email: farmandruralstress@mailp.hse.ie

Open daily from 6.00pm – 10.00pm

Appeals

The Appeals Office is your assurance that decisions made by the HSE are correct and fair. If you apply for a service and are unsuccessful, you have the right to appeal that decision, and to have it reviewed.

Tel: 1850 74 222

Freedom of Information

The HSE is covered by the Freedom of Information Act 1997, meaning that records held by the HSE can be applied for, and if a range of criteria are met, can be released to the public. Personal Information, like medical records, can ONLY be released to that person alone. To make a request for a record to be released under this Act, contact: 1850 742 000.

GMS list of Doctors in Kerry

Dr. J.D. Arthurs, Oakpark Medical Centre, Oakpark, Tralee, Co. Kerry
 Dr. B.A. Barrett, Main Street, Tarbert, Co. Kerry
 Dr. A. Birmingham, Convent Street Clinic, 41, Market St., Listowel, Co. Kerry
 Dr. V. Boland, "Dun Aengus", Shelbourne St., Kenmare, Co. Kerry
 Dr. Conor Brosnan, Dingle Medical Centre, Dingle, Co. Kerry
 Dr. D. Buckley, The Ashe Street Clinic, Ashe St., Tralee, Co. Kerry
 Dr. J.T. Buckley, Ivy Clinic, The Square, Listowel, Co. Kerry
 Dr. J.A. Casey, Ionad Leighis ArdFhearta, (Ardfert Medical Centre), Farranwilliam, Ardfert, Co. Kerry
 Dr. Michael Casey, Tullig, Millstreet, Co. Cork
 Dr. D. Coffey, 83, New Street, Killarney, Co. Kerry
 Dr. V. Collins, Market Street, Killorglin, Co. Kerry
 Dr. Eugene Cotter, Daly's Lane Surgery, Killorglin, Co. Kerry
 Dr. Hilda Crushell, Bell Height Kenmare, Co. Kerry
 Dr. Anne Cronin, Market Street, Killorglin, Co. Kerry
 Dr. R. Crushell, Bell Height House, Kenmare, Co. Kerry
 Dr. Aidan Daly, 10, Pembroke St., Tralee, Co. Kerry
 Dr. Donal Daly, 6, Courthouse Road, Listowel, Co. Kerry
 Dr. P.J. Daly, Brooklands, Farranfore, Co. Kerry
 Dr. S. Dillon, Clara Medical Centre, Millstreet, Co. Cork
 Dr. Kieran Dinan, Convent Street Clinic, 41, Market St., Listowel, Co. Kerry
 Dr. Emer Gill, Brooklands Medical Practice, Brooklands, Farranfore, Co. Kerry
 Dr. P.T. English, 2, Oakview, Tralee, Co. Kerry
 Dr. M. Fahy, Lixnaw, Co. Kerry
 Dr. M. Fanning, Dingle Medical Centre, Dingle, Co. Kerry
 Dr. Fiona Gallagher, Cahernane Medical Centre, 42, Cahernane Meadows, Muckcross Rd., Killarney, Co. Kerry
 Dr. Eleanor Johnson, 47, New Street, Killarney, Co. Kerry
 Dr. D. Geaney, Church St., Castleisland, Co. Kerry
 Dr. John Geaney, Cahernane Medical Centre, 42, Cahernane Meadows, Muckcross Rd., Killarney, Co. Kerry
 Dr. D. Gibson, Links View, Waterville, Co. Kerry
 Dr. P. Gibson, Links View, Waterville, Co. Kerry
 Dr. J.F. Halkett, 65, Church St., Listowel, Co. Kerry
 Dr. S. Hanratty, Ratoo, Ballyduff, Tralee, Co. Kerry
 Dr. W. Hayes, Oakpark Medical Centre, Oakpark, Tralee, Co. Kerry
 Dr. J. Herbert, Clounalour Medical Centre, Oakpark, Tralee, Co. Kerry
 Dr. Uwe Hild, The Ashe Street Clinic, Ashe Street, Tralee, Co. Kerry

Dr. John K. Holmes, 5, Hoffman's Tce., Basin Road, Tralee, Co. Kerry
 Dr. D.M. Kavanagh, "Gullaun", St. Anne's Road, Killarney, Co. Kerry
 Dr. M. Kissane, Killarney Road, Abbeyfeale, Co. Limerick
 Dr. L.A. Leader, Rosnalea, Boherbue, Mallow, Co. Cork
 Dr. D. Lehane, Tarbert Medical Centre, Tarbert, Co. Kerry
 Dr. P. Malone, Sneem, Co. Kerry
 Dr. J. Joyce, Killarney Road, Castleisland, Co. Kerry
 Dr. P. Mangan, 83, New Street, Killarney, Co. Kerry
 Dr. M. McCarthy, 47 New Street, Killarney, Co. Kerry
 Dr. J. McCullagh, 47 New Street, Killarney, Co. Kerry
 Dr. A. McDonnell, Rathmore, Co. Kerry
 Dr. Michael McGrath, "Carraig Medical Centre", 5 Gas Terrace, Tralee, Co. Kerry
 Dr. Anne McSwiney, "St. Ive's", Caherslee, Tralee, Co. Kerry
 Dr. B. Mullins, Cedarville Surgery, Abbeyfeale, Co. Limerick
 Dr. K. Murphy, Westbury House, Athea, Co. Limerick
 Dr. P. Myers, West Inch, Annascaul, Co. Kerry
 Dr. Bridget O'Brien, 59, Boherbee, Tralee, Co. Kerry
 Dr. Brian White, Farranfore Medical Centre, Farranfore, Co. Kerry
 Dr. W. O'Connor, 41, Market Street, Listowel, Co. Kerry
 Dr. Kathleen Murphy, Clounalour Medical Centre, Oakpark, Tralee, Co. Kerry
 Dr. Laura Malone, St. Anne's Road, Killarney, Co. Kerry
 Dr. Maria Quille, 83, New Street, Killarney, Co. Kerry
 Dr. M. O'Donnell, Cedarville Surgery, Abbeyfeale, Co. Limerick
 Dr. Brian O'Donovan, 18, Main Street, Caherciveen, Co. Kerry
 Dr. R. O'Driscoll, The Surgery, Coffey's Row, Kenmare, Co. Kerry
 Dr. Maurice O'Halloran, Oakpark Medical Centre, Oakpark, Tralee, Co. Kerry
 Dr. Eibhlis O'Leary, Milltown Medical Centre, Milltown, Co. Kerry
 Dr. T. O'Regan, Fairies Cross, Clounalour, Tralee, Co. Kerry
 Dr. R. O'Reilly, Ratoo, Ballyduff, Co. Kerry
 Dr. G. O'Shea, Clounalour Medical Centre, Oakpark, Tralee, Co. Kerry
 Dr. K. O'Shea, Valentia Road, Caherciveen, Co. Kerry
 Dr. M. O'Shea, Dingle Medical Centre, Dingle, Co. Kerry
 Dr. T.F. O'Shea, Dingle Medical Centre, Dingle, Co. Kerry
 Dr. A. O'Sullivan, 33, Lower Main St., Castleisland, Co. Kerry
 Dr. J. O'Sullivan, Medical Centre, Cliff Road, Ballyunion, Co. Kerry
 Dr. Pauline O'Sullivan, Farranfore Medical Centre, Farranfore, Co. Kerry
 Dr. E. Prendiville, Daly's Lane Surgery, Killorglin, Co. Kerry
 Dr. J.T. Quill, Castlawn, Ballyheigue, Co. Kerry
 Dr. Bernard Ruane, 17 Ashe Street, Tralee, Co. Kerry

Dr. Ursula Scullion, Abbeydorney Medical Centre, Abbeydorney, Co. Kerry
Dr. E. Shanahan, Farranfore Medical Centre, Farranfore, Co. Kerry
Dr. J. Shanahan, 18, Main Street, Caherciveen, Co. Kerry
Dr. A. Sills, Castlegregory, Co. Kerry
Dr. G. Stack, Medical & Dental Centre, Park Road, Killarney, Co. Kerry
Dr. D. Waterhouse, Church Road, Sneem, Co. Kerry