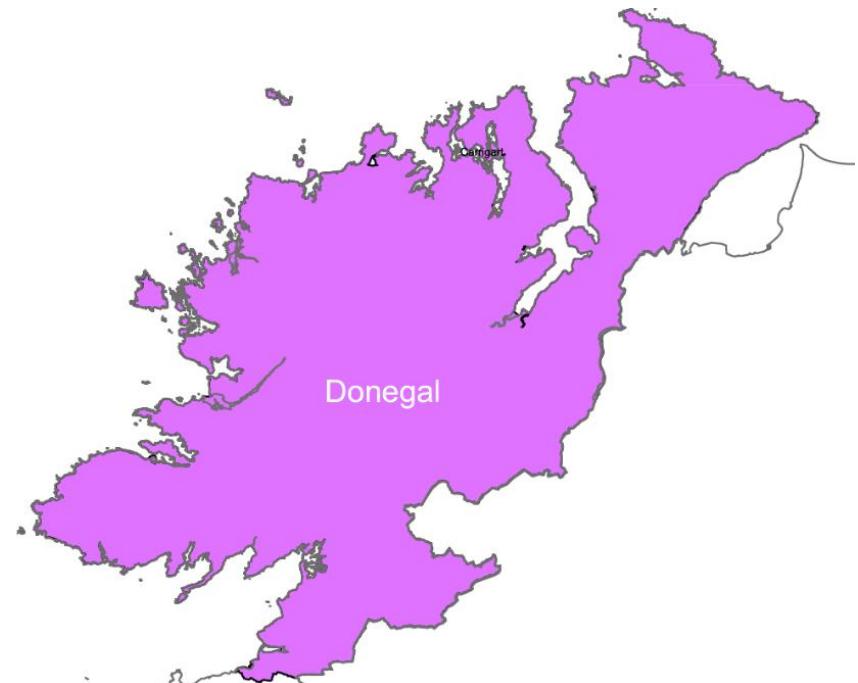
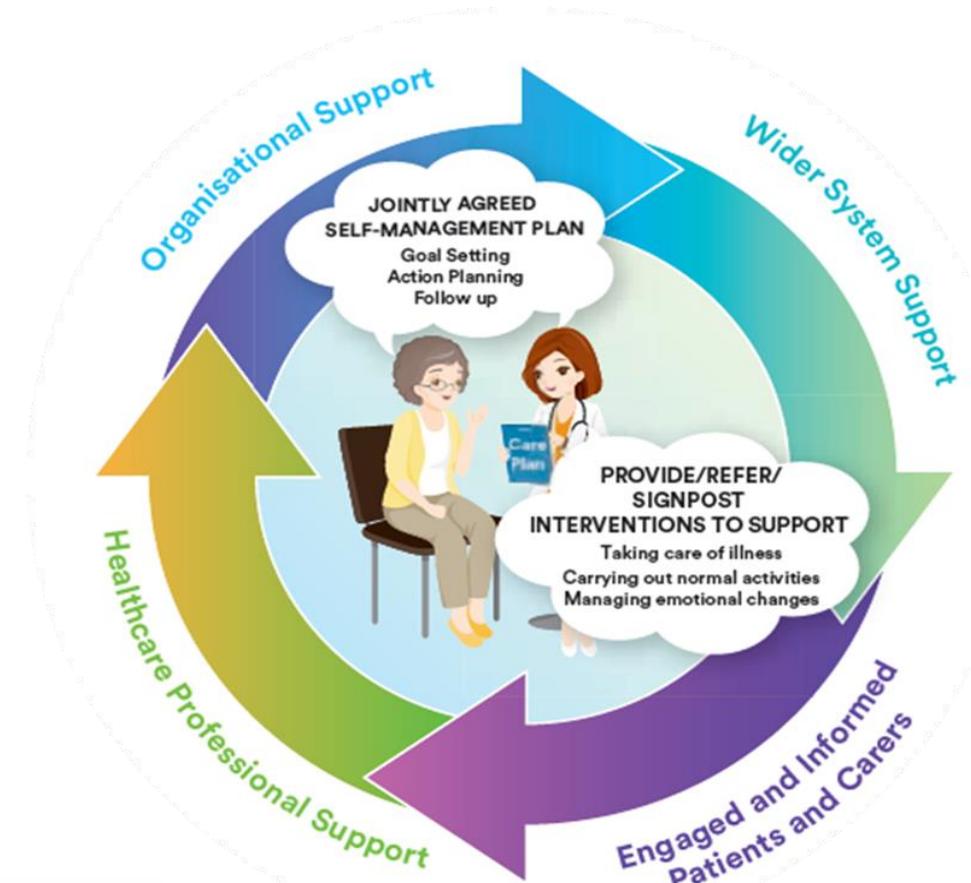


# HSE Self-management Support, County Donegal

## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke



*Connecting people living with long term health conditions to services and services to each other*



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

A sincere thank you to all those who contributed to this directory. While every care has been taken to ensure the information included is relevant, accurate and up to date, due to the nature of the publication, there may be errors or omissions. This directory is intended as a support for clinicians working with adults living with any of the chronic conditions listed, within integrated care structures in the HSE or in General Practice. The information is subject to change as integrated structures continue to be implemented.

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# Foreword

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Welcome to the Co Donegal Directory of Self-management Supports for adults living with Asthma, COPD, Diabetes, Heart conditions and Stroke.

This Directory will assist health and social care professionals to support adults living with, or caring for someone with, these chronic conditions by signposting them to condition-specific and generic programmes and services which help them self-manage effectively. Self-management programmes and interventions measurably improve the skills and confidence of people with chronic conditions to manage their health. They contribute to improved clinical outcomes and quality of life, and to reduced unscheduled health service utilisation.

This directory has sections for condition-specific resources such as Diabetes Structured Patient Education. It also has a 'Generic Supports' section which highlights supports for self-management within and beyond the healthcare system, including those provided by statutory, community and voluntary sectors. The inclusion of these resources recognises their value in supporting people to self-manage chronic health conditions. Examples of generic supports include peer support groups, the Living Well Programme, mental wellbeing supports, Stop Smoking services, healthy eating and physical activity supports. Increasing awareness among health and social care professionals about these cross-sectoral resources will enable more effective support to be delivered to those living with chronic health conditions.

This directory is a priority action of the National Framework and Implementation Plan for Self-management Support for Chronic Conditions (2017): 'Living Well with a Chronic Condition'. Supporting people with chronic health conditions to self-manage is also a priority of the CHCDLMS Healthy Ireland Implementation Plan 2018 - 2023.

This directory may also be used as a support in implementing Making Every Contact Count (MECC) across our Community Healthcare area.

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## Asthma and COPD

Category	Service	What is involved?	How to access
Asthma	Asthma Society of Ireland	Provides information and support to Health Care Professionals and people living with Asthma. These include on-line education and publications available to view and download.	Visit: <a href="https://www.asthma.ie/">https://www.asthma.ie/</a>
Asthma	Asthma Advice Line (Asthma Society of Ireland)	This free advice line offers access for patients to an Asthma Nurse Specialist for support, information and education. Helps people with asthma better understand and manage their condition.	Advice Line: Call: 1800 44 54 64 email: <a href="mailto:nurse@asthma.ie">nurse@asthma.ie</a>
Asthma	Asthma Action Plan: (Asthma Society of Ireland)	Action Plans serve as a guide to help the person with asthma manage their condition and recognise when it is getting worse. Available to download from the website or to be sent by post on request.	Download at: <a href="https://www.hse.ie/eng/about/who/cspd/ncps/asthma/resources/my-asthma-action-plan-asthma-society-of-ireland.pdf">https://www.hse.ie/eng/about/who/cspd/ncps/asthma/resources/my-asthma-action-plan-asthma-society-of-ireland.pdf</a>
Asthma	HSeLand Asthma e-learning programme	Provides healthcare professionals with a foundation for the diagnosis, assessment, treatment and monitoring of COPD and asthma. Participants will also learn about supporting patients in self-management through the use of asthma action plans, inhaler therapies and by adherence to medication.  This resource is aimed at healthcare professionals working with chronic respiratory disease including physiotherapists, nurses, general practice nurses and other health and social care professionals.	To complete the eLearning module go to <a href="http://www.hseland.ie">www.hseland.ie</a> and search for 'Asthma'.

See also section on Generic Supports



## Asthma and COPD

Category	Service	What is involved?	How to access
Asthma and COPD	The Living Well Programme: Self-management skills development for adults with chronic conditions	A free programme for adults in Co Donegal with chronic health conditions such as asthma and COPD. Also suitable for carers. Participants develop the skills to live well with such conditions. Two and a half hours per week over six weeks. Online. Limited in-person programmes	<b>Access:</b> Self-referral, or signposting by health/social care professional: <b>Register by phone on:</b> 0873964307 <b>For more information visit:</b> <a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a>
Asthma and COPD	British Lung Foundation Website	UK based website that provides support and information to people living with COPD and asthma.	<a href="http://www.blf.org.uk">www.blf.org.uk</a>
Asthma and COPD	Dental care	<p>Patients with asthma and COPD have increased risk of dry mouth which increases the risks of tooth decay, gum disease and bad breath. Inhalers can further dry out the mouth. Those using inhalers should be advised to follow instructions carefully in relation to rinsing the mouth immediately after using inhalers to reduce these risks and also to prevent fungal infection in the mouth e.g. thrush.</p> <p>Oral conditions have an impact on overall health. Bacteria from the mouth can cause infection in other parts of the body when the immune system has been compromised by disease or medical treatments.</p> <p>It is therefore important that people with chronic conditions such as asthma and COPD are encouraged to access dental services regularly.</p>	<p><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS).</p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people.</p>



## Asthma and COPD

Category	Service	What is involved?	How to access
Asthma and COPD	<b>Pulmonary Rehabilitation:</b> Donegal Town and Dore (Delivered by HSE Respiratory Community Specialist Team)	<p>Pulmonary Rehabilitation (PR) is a free programme of exercise, education and support delivered by HSE physiotherapists and nurses. It aims to help participants learn to cope with breathlessness and to optimise functional capacity.</p> <p>PR is delivered twice weekly for 1.5 hours over a 6 – 8 week period.</p> <p>Patients must be 16 years or over, with spirometry confirmed diagnosis of a chronic lung condition and be functionally limited by dyspnoea despite optimal management (mMRC&gt;2).</p> <p>They must be motivated to participate and change lifestyle, be able to exercise independently and safely and be able to travel to the venue.</p> <p><b>Venues:</b></p> <p><b>Donegal Town;</b> St Patricks Parish Centre, Donegal Town. (Days and times vary).</p> <p><b>Dore:</b> Ionad Naomh Pádraig, Dore. (Days and times vary)</p>	<p><b>Access:</b></p> <p>The pulmonary rehab service can accept direct referrals for patients within the South &amp; West Donegal CHN catchment area from:</p> <ul style="list-style-type: none"><li>– The GP if patient has had full respiratory workup and is stable.</li><li>– Community Specialist Respiratory Team including Integrated Care Consultant.</li><li>– The acute hospital Respiratory Consultants.</li></ul> <p>Send referral letter marked '<b>Pulmonary Rehabilitation Dore / Donegal Town</b>' to Respiratory Community Specialist Team:</p> <p><b>email:</b> <a href="mailto:cdmdonegal@hse.ie">cdmdonegal@hse.ie</a></p> <p><b>Or post to:</b> Errigal Chronic Disease Management Hub, Kilmacrennan Rd, Letterkenny, Co. Donegal F92 NP23</p>



## Asthma and COPD

Category	Service	What is involved?	How to access
COPD and asthma	<b>Maintenance exercise classes for COPD and asthma.</b> Dore and Donegal Town (South and West Donegal Community Health Network) (Affiliated with COPD Support Ireland)	<p>These free exercise classes are available to adults over 16 with COPD or / and Asthma and who have completed a Pulmonary Rehabilitation (PR) programme. Classes are delivered by Chartered Physiotherapists on behalf of COPD Support Ireland. Participants are supervised throughout each class. Classes run for 45mins and involve warmup, breathing exercises, appropriately tailored strength, endurance, flexibility and balance work.</p> <p>Classes run once per week on a rolling basis.</p> <p>Funded by COPD Support Ireland</p> <p><u>Details:</u></p> <p><b>Donegal Town:</b> St Patricks Parish Centre, Donegal Town. Mondays 11.15 to 12 noon (Established Jan 2023)</p> <p><b>Dore:</b> Ionad Naomh Pádraig, Dore. Thursdays 12 - 1 (followed by Peer Support Group meeting on the last Thursday of the month).</p>	<p><b>Access:</b> <b>Respiratory Community Specialist Team</b> (CST) can forward suitable patients post completion of a programme of Pulmonary Rehabilitation (PR).</p> <p><b>GPs:</b> Patients who have completed PR in the past and are stable but at risk of de-conditioning may be suitable for the exercise classes. GPs can refer these patients directly to the Respiratory CST who will assess suitability for the classes.</p> <p>The GP should send a referral letter marked '<b>Maintenance Exercise Class</b>' to the Respiratory Community Specialist Team: <b>Email:</b> <a href="mailto:cdmdonegal@hse.ie">cdmdonegal@hse.ie</a> <b>Or post to:</b> Errigal Chronic Disease Management Hub, Kilmacrennan Rd, Letterkenny. Co Donegal F92 NP23</p>
COPD and asthma	<b>Respiratory Integrated Care services Co Donegal</b>	As Enhanced Community Care services continue to evolve in Co Donegal from 2023 onwards, further resourcing of respiratory services will enable availability of Pulmonary Rehabilitation and maintenance exercise programmes for COPD and asthma in other parts of the county.	<p><b>For up-to-date information on these and other integrated respiratory services please contact:</b> Errigal Chronic Disease Management Hub, Kilmacrennan Road, Letterkenny, Co. Donegal, F92NP23 <b>Tel:</b> 0749109250</p>

See also section on Generic Supports



## COPD

Category	Service	What is involved?	How to access
COPD	<b>COPD Support Ireland:</b> Website	Provides information and support to people living with COPD and to Health Care Professionals	<a href="http://www.copd.ie">www.copd.ie</a>
COPD	<b>COPD Peer Support Group, Dore</b> (affiliated with COPD Support Ireland)	<p>Group meetings offering peer support and information to help those living with, and caring for someone with COPD. COPD Support Ireland provides regulatory governance.</p> <p>This group meets on the last Thursday of each month from 1 to 2pm (immediately after the exercise class).</p> <p><b>Location:</b> Ionad Naomh Pádraig, Dobhar, An Bun Beag, F92 EH6N.</p>	<p>Membership is via COPD Support Ireland.</p> <p><b>Patients can sign up at:</b> <a href="https://copd.ie/how-to-become-a-member/">https://copd.ie/how-to-become-a-member/</a> <b>for more information visit:</b> <a href="http://www.copd.ie">www.copd.ie</a> <b>or call:</b> 086 041 5128</p>
COPD	<b>COPD Advice Line</b>	This free Nurse advice helpline provides support, information and education to people with COPD so that they can better understand and manage their condition.	<b>Phone:</b> 1800 83 21 46
COPD	<b>Sing Strong</b> (COPD Support Ireland)	Sing Strong – Singing for better Lung Health: Sing Strong is a novel and fun way to learn and use breathing techniques through singing. The Sing Strong programme has proven to be very popular and is delivered either online or in person in a small number of locations.	<b>Access:</b> <b>Email</b> <a href="mailto:SingStrong@copd.ie">SingStrong@copd.ie</a>
COPD	<b>Patient information booklet:</b> 'COPD and me'	'COPD and Me' is an information booklet for those living with COPD and their carers, developed by COPD Support Ireland.	<a href="https://copd.ie/wp-content/uploads/2021/10/COPD-Me-Booklet-2021.pdf">https://copd.ie/wp-content/uploads/2021/10/COPD-Me-Booklet-2021.pdf</a>

**See also section on Generic Supports**



# Diabetes

Category	Service	What is involved?	How to access
Diabetes	<b>Diabetes Integrated Care services Co Donegal</b>	<p>As Enhanced Community Care services continue to evolve in Co Donegal from 2023 onwards, end-to-end care for Diabetes will be further resourced. This will mean expanded specialist diabetes nursing, dietetics and podiatry services and increased access to the Diabetes Structured Education Programme DESMOND, and diabetes prevention supports for those who meet the criteria – see next 2 entries.</p> <p><b>Note:</b> patients with type 2 diabetes should be referred to DESMOND in the first instance. If there is need for additional dietetic support, they can be referred onwards from there.</p>	<p>For up-to-date information on Integrated Diabetes services for Co Donegal contact:</p> <p>Errigal Chronic Disease Management Hub, Kilmacrennan Road, Letterkenny, Co. Donegal, F92NP23</p> <p><b>Tel:</b> 0749109250</p>
Pre-Diabetes	<b>Diabetes Prevention Programme, Co Donegal</b>	<p>The National <b>Diabetes Prevention Programme</b> offers 12 months of support with diabetes risk reduction and lifestyle intervention for those with Pre-diabetes. It is FREE to attend for all patients (GMS and non GMS). Delivered by HSE community Dietitians.</p> <p>Participants are offered a 1:1 appointment with a Dietitian to determine an individual care plan. Participants are then offered 90 minute online group sessions for 6 weeks followed by 8 monthly sessions. Support is offered for one year.</p> <p>Delivered online at time of publication - face-to-face delivery is planned for the future.</p> <p><b>Clinical criteria:</b></p> <ul style="list-style-type: none"><li>• Aged &gt;16 years of age with a new diagnosis of Pre-diabetes.</li><li>• All those with a pre-existing diagnosis of Pre-diabetes (provided they have had a recent blood test confirming that they are still in the Pre-Diabetes range).</li><li>• Women with previous gestational diabetes who fall within the Pre-diabetes range.</li></ul> <p>Pre-diabetes is defined as HbA1c 42-47mmol/mol (6-6.4%) and Fasting Plasma Glucose (FPG) 6.1-6.9mmol/L, in the absence of symptoms results should be confirmed by repeat testing on a different day</p>	<p><b>Access:</b> GP, GP Nurse, Consultants or any Healthcare Professional can refer. Referral is via the Donegal Community Dietetics referral form. Mark the referral 'Diabetes Prevention Programme'. Send to:</p> <p><b>Email:</b> <a href="mailto:communitydietitian.donegal@hse.ie">communitydietitian.donegal@hse.ie</a></p> <p><b>Post:</b> Primary Care Centre, Justice Walsh Road, Letterkenny, Co Donegal F92P640</p> <p>For further information or queries contact <a href="mailto:cdmdonegal@hse.ie">cdmdonegal@hse.ie</a> or Errigal CDM Hub on 074 9109250</p>



# Diabetes

Category	Service	What is involved?	How to access
Weight Management	<b>Best Health Weight Management Programme (online)</b>	<p>The <b>Best Health</b> programme supports individuals with weight related behaviours (eating, activity, sleep and stress) to improve health and wellbeing. It is FREE to attend for all patients (GMS and non GMS). Delivered by HSE community Dietitians.</p> <p>Participants are offered a 1:1 appointment with a Dietitian to determine an individual care plan. Participants are then offered 90 minute online group sessions for 6 weeks followed by 8 monthly sessions. Support is offered for one year. Delivered online at time of publication however plans for delivery face-to-face in future.</p> <p><b>Clinical criteria:</b> Aged &gt;16 years with a BMI <math>\geq 30 \text{ kg/m}^2</math> (or <math>27.5 \text{ kg/m}^2</math> for South Asian, Chinese, Black African or Caribbean individuals) <b>with</b> 2 obesity related co-morbidities.</p> <p><b>Note:</b> obesity related co-morbidities are limited to type 2 diabetes, hypertension, hyperlipidaemia, obstructive sleep apnoea, polycystic ovarian syndrome, and osteoarthritis.</p>	<p><b>Access:</b> GP, GP Nurse, Consultants or any Healthcare Professional can refer. Referral is via the Donegal Community Dietetics referral form. Mark the referral 'Best Health Weight Management Programme' and include the relevant comorbidities for access to the programme. Send to:</p> <p><b>Email:</b> <a href="mailto:communitydietitian.donegal@hse.ie">communitydietitian.donegal@hse.ie</a></p> <p><b>Post to:</b> Primary Care Centre, Justice Walsh Road, Letterkenny, Co Donegal F92P640.</p> <p>For further information or queries contact <a href="mailto:cdmdonegal@hse.ie">cdmdonegal@hse.ie</a> or Errigal CDM Hub reception on 074 9109250</p>
Type 1 Diabetes	<b>jdrf Website</b>	American-based website providing information and resources for people with Type 1 diabetes. It also provides a support network for millions of people around the world impacted by Type 1 diabetes.	<a href="http://www.jdrf.org">www.jdrf.org</a>



# Diabetes

Category	Service	What is involved?	How to access
Type 1 and Type 2 Diabetes	Footcare in Diabetes booklets for patients	Under the guidance of the National Model of Care for Diabetes, three Booklets on footcare for people living with diabetes have been developed. The aim of these booklets is to increase awareness of the importance of foot care for people with diabetes and what to do if they notice any changes.	<b>These booklets are available to download at:</b> <a href="https://www.hse.ie/eng/about/who/cspd/n cps/diabetes/resources/education/">https://www.hse.ie/eng/about/who/cspd/n cps/diabetes/resources/education/</a>
Type 1 and Type 2 Diabetes	The Living Well Programme: Self-management skills development for adults with chronic conditions	A free programme for adults in Co Donegal with chronic health conditions including diabetes. Also suitable for carers. Participants develop the skills to live well with such conditions. Two and a half hours per week over six weeks. Online. Limited in-person programmes.	<b>Access:</b> Self-referral, or signposting by health/social care professional: <b>Register by phone on:</b> 0873964307  <b>For more information visit:</b> <a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a>
Type 1 and Type 2 Diabetes	Retinal Screening (eye screening)	National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12yrs and older. No cost.	Service users can register for this service by calling 1800 454555 or online at: <a href="http://www.diabeticretinascreen.ie">www.diabeticretinascreen.ie</a>
Type 1 and Type 2 Diabetes	Sight-loss support: National Council for the Blind Ireland (NCBI)	NCBI is the national sight loss agency. It is a not for profit agency that provides supports and services for people who are experiencing difficulties with their eyesight. Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.	<a href="http://www.ncbi.ie">www.ncbi.ie</a>  <b>email:</b> <a href="mailto:info@ncbi.ie">info@ncbi.ie</a>  <b>Phone:</b> 056 7763530



# Diabetes

Category	Service	What is involved?	How to access
Type 1 and Type 2 Diabetes	HSE information on Diabetes	General information on diabetes including HBAIC and foot care	<a href="https://www.hse.ie/eng/health/hl/living/diabetes/">https://www.hse.ie/eng/health/hl/living/diabetes/</a>
Type 1 and Type 2 Diabetes	Diabetes Ireland Website and Helpline	Website providing support, education and motivation to people living with diabetes.	Visit: <a href="https://www.diabetes.ie/">https://www.diabetes.ie/</a> Helpline: 01 8428118
Type 1 and Type 2 Diabetes	Diabetes UK: Website	Provides support, education and motivation to people living with diabetes.	<a href="https://www.diabetes.org.uk/">https://www.diabetes.org.uk/</a>
Type 1 and Type 2 Diabetes	Dental services	Diabetes reduces the body's resistance to infection and increases the risk of periodontal (gum) disease. Gum disease impacts on general health as well as oral health. Research shows that untreated gum disease may make it difficult to control diabetes. Loss of teeth due to periodontal disease will impact a person's ability to maintain a varied and balanced diet. A good oral hygiene regime together with regular periodontal care can improve diabetes control. People living with diabetes should be encouraged to access dental services regularly.	<b>Adults aged 16 and over with a medical card:</b> People with a diagnosis of diabetes are deemed 'high risk' under the Dental Treatment Service Scheme (DTSS) and are entitled to an expanded range of services.  <b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people who have the required number of PRSI contributions. Eligible patients are entitled to an annual examination free of charge and a scale and polish for which the dentist may request a contribution of up to 15 euro.  <b>For more information visit:</b> <a href="https://www.hse.ie/eng/services/list/2/dental/">https://www.hse.ie/eng/services/list/2/dental/</a>



# Diabetes

Category	Service	What is involved?	How to access
Type 1 and Type 2 Diabetes	Long-term illness scheme.	Diabetes Type 1 and 2 are covered by the Long-term Illness scheme with no requirement for a means test. Under the Long-term Illness Scheme some drugs, medicine and approved appliances used to treat diabetes are available free in pharmacies.	<b>For further information go to:</b> <a href="https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html">https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html</a>
<b>See also section on Generic Supports</b>			
Type 2 Diabetes	DESMOND Programme (Diabetes education and self-management for ongoing and newly-diagnosed diabetes)	A free group education programme for people with Type 2 Diabetes. Delivered by 2 diabetes healthcare professionals. Provides knowledge and practical skills to manage diabetes. 6 hour programme - can be delivered over 2 half days or 1 full day.	<b>Access:</b> GP, GP Nurse, Consultants or any Healthcare Professional can refer. Referral is via DESMOND referral form. Send to:  <b>Email:</b> <a href="mailto:desmond.donegal@hse.ie">desmond.donegal@hse.ie</a>  <b>Post to:</b> DESMOND, Errigal Chronic Disease Management Hub, Kilmacrennan Road, Letterkenny. Co Donegal F92NP23
Type 2 Diabetes	CODE Programme (Community Oriented Diabetes Education)	A free diabetes education programme for people with Type 2 Diabetes or diagnosed pre-diabetes. Two hours per week over three weeks, with a fourth session six months afterwards. CODE is supported and funded by the HSE and delivered by Diabetes Ireland.	<b>Access:</b> Self-referral: Contact Diabetes Ireland: <b>Phone:</b> 071-914 6001 <b>email:</b> <a href="mailto:wro@diabetes.ie">wro@diabetes.ie</a>



## Diabetes

Category	Service	What is involved?	How to access
Type 2 Diabetes	<b>Diabetes Smart</b> Online Education course	A free online education course for those with Type 2 Diabetes. Delivered in six interactive modules, lasting from 10 to 20 minutes. Designed to help manage diabetes in daily life.  Developed by Diabetes Ireland	<a href="http://www.diabeteseducation.ie">www.diabeteseducation.ie</a>
Type 2 Diabetes	<b>Booklet:</b> Healthy Eating for People with Type 2 Diabetes (Irish Nutrition and Dietetic Institute)	Healthy eating advice for adults with Type 2 Diabetes.	<a href="https://www.diabetes.ie/wp-content/uploads/2014/11/Healthy-Eating-for-people-with-Type-2-diabetes-2017-AC.pdf">https://www.diabetes.ie/wp-content/uploads/2014/11/Healthy-Eating-for-people-with-Type-2-diabetes-2017-AC.pdf</a>

**See also section on Generic Supports**



## Heart Conditions

Category	Service	What is involved?	How to access
Heart Conditions	<b>HSE Cardiac Integrated Care services Co Donegal</b>	As Enhanced Community Care services continue to evolve in Co Donegal from 2023 onwards, there will be further resourcing of cardiac services including community-based cardiac rehabilitation programmes in the county.	For up-to-date information on integrated Cardiac services in Co Donegal contact: Errigal Chronic Disease Management Hub, Kilmacrennan Road, Letterkenny, Co. Donegal, F92NP23 <b>Phone:</b> 0749109250
Heart failure	<b>The Heartbeat Trust: Heart failure Website</b>	The website is a reliable source of support, education and information for people living with heart failure and their family/carers in Ireland	<a href="http://www.heartbeat-trust.ie">www.heartbeat-trust.ie</a>
Heart failure	<b>The Heartbeat Trust: Heart failure Self-Care Plan (Traffic light guide)</b>	Heart failure self-care plan from the Heartbeat Trust, to support a person with heart failure to self-manage. This plan should be completed by the person with heart failure, with support of GP or other cardiac care team professional.	<b>Access the traffic Light Guide at:</b> <a href="https://www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/heart-failure-traffic-light-guide.pdf">https://www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/heart-failure-traffic-light-guide.pdf</a> .
Heart failure	<b>Fluid Tracker App</b> (Irish Heart Foundation)	A free, easy-to-use, mobile app that removes the need for written weight logs and ensures the patient is alerted when their weight increases by more than two kilograms in a seven-day period, which can be a sign of worsening heart failure.	<b>Download at:</b> <a href="https://play.google.com/store/apps/details?id=com.toraiocht.fluidhearttracker">https://play.google.com/store/apps/details?id=com.toraiocht.fluidhearttracker</a> <b>For more information visit:</b> <a href="http://www.irishheart.ie">www.irishheart.ie</a>



## Heart Conditions

Category	Service	What is involved?	How to access
Heart Conditions	European Society for Cardiology: <b>Website</b>	This website for people living with heart failure provides information in readable and audio-visual formats covering all aspects of the condition.	<a href="https://www.heartfailurematters.org/en_GB">https://www.heartfailurematters.org/en_GB</a>
Heart Conditions	<b>The Living Well Programme:</b> Self-management skills development for adults with chronic conditions	A free programme for adults in Co Donegal with chronic health conditions including heart conditions. Also suitable for carers. Participants develop the skills to live well with such conditions. Two and a half hours per week over six weeks. Online. Limited in-person programmes	<b>Access:</b> Self-referral, or signposting by health/social care professional: <b>Register by phone on:</b> 0873964307  <b>For more information visit:</b> <a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a>
Heart Conditions	Irish Heart Foundation <b>Website</b>	Provides support, education and information for people living with heart conditions.	<b>Visit:</b> <a href="http://www.irishheart.ie">www.irishheart.ie</a> <b>Phone:</b> 016685001
Heart Conditions	Irish Heart Foundation <b>Information leaflets</b>	A variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure	<a href="http://www.irishheart.ie/publications/">www.irishheart.ie/publications/</a>
Heart Conditions	<b>IACR: Irish Association for Cardiac Rehabilitation: Website</b>	National site providing information on cardiac rehab in Ireland including a detailed directory of providers	<a href="http://www.IACR.ie">www.IACR.ie</a>



## Heart Conditions

Category	Service	What is involved?	How to access
Heart Conditions	Croi, the West of Ireland Cardiac and Stroke Foundation: <b>Website</b>	Provides support, information and education for people living with stroke and heart conditions.	<a href="http://www.croi.ie">www.croi.ie</a>
Heart Conditions	British Heart Foundation: <b>Website</b>	Provides support, education and motivation to people living with heart conditions and stroke.	<a href="http://www.bhf.org.uk">www.bhf.org.uk</a>
Heart Conditions	<b>Dental services</b>	Studies have shown that gum disease is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves and this is particularly important in people with artificial heart valves. Tooth loss patterns have also been connected to coronary artery disease. People living with heart conditions should be encouraged to access dental services regularly.	<b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS). People with complex cardiac conditions and/or taking certain medications e.g. Warfarin or similar may be deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care. <b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people.  <b>For more information visit:</b> <a href="https://www.hse.ie/eng/services/list/2/dental/">https://www.hse.ie/eng/services/list/2/dental/</a>

See also section on Generic Supports



## Stroke

Category	Service	What is involved?	How to access
Stroke	<b>Irish Heart Foundation Stroke support services</b>	The IHF offers information and support to people affected by stroke. Supports include the Nurse Support Line, peer support groups and short online courses including: Living with Aphasia; Supported Conversation Group; Fatigue Management; Vocational Return to Work; 12 Week Exercise Programme; Mindfulness; Art and Music Therapy.	<b>Access:</b> GPs and Health and Social Care Professionals can direct stroke survivors to the IHF at: <a href="http://www.irishheart.ie">www.irishheart.ie</a> <b>Nurse Support Line:</b> 01 668 5001  or to the Co Donegal Stroke Support Coordinator (details in next entry below)
Stroke	<b>Stroke Support Coordinator, Donegal (Irish Heart foundation)</b>	Provides support and information to stroke survivors in Co Donegal and signposts to appropriate services and supports.	<b>Access:</b> <b>GPs, Health and Social Care Professionals and stroke survivors can contact direct at:</b> <b>Email:</b> <a href="mailto:nbrogan@irishheart.ie">nbrogan@irishheart.ie</a> <b>Phone:</b> 087 280 3053 <b>For more information visit:</b> <a href="http://www.irishheart.ie">www.irishheart.ie</a>
Stroke	<b>Stroke Support Group, Letterkenny and Sligo Town.</b> Delivered by the Irish Heart Foundation"	In-person Stroke Support Groups facilitated by the IHF Stroke Support Coordinator. Provides peer support, advice and information on stroke and secondary prevention. It also provides guest speakers, recreational trips and services such as physiotherapy and counselling. <b>Details:</b> <b>Letterkenny:</b> Station House Hotel; Once per month, usually 2nd Tuesday of the month, 11am to 1pm. <b>Sligo Town:</b> Sligo Park Hotel; Once per month, usually 2nd Thursday of the month, 11am to 1pm.	<b>Access:</b> GPs and Healthcare Professionals can refer people to this service <b>Email:</b> <a href="mailto:strokeservices@irishheart.ie">strokeservices@irishheart.ie</a> for a referral form. Return form to the email address provided thereon. <b>Self-referral:</b> <b>Email:</b> <a href="mailto:nbrogan@irishheart.ie">nbrogan@irishheart.ie</a> <b>Phone:</b> 087 280 3053 <b>For more information visit:</b> <a href="http://www.irishheart.ie">www.irishheart.ie</a>



## Stroke

Category	Service	What is involved?	How to access
Stroke	<b>Young Stroke survivors coordinator;</b> Irish Heart Foundation	Provides support and information to stroke survivors aged 65 and younger. Signposts to appropriate services and supports.	<b>Access:</b> Self-referral / signposting by GPs and Healthcare Professionals: <b>Email:</b> <a href="mailto:ncarey@irishheart.ie">ncarey@irishheart.ie</a> <b>For more information visit:</b> <a href="http://www.irishheart.ie">www.irishheart.ie</a>
Stroke	'Life after Stroke' online Support Group: for stroke survivors. Provided by the Irish Heart Foundation	Hosted on Facebook – This private forum provides advice, peer support and information to stroke survivors.	<b>New members can join by clicking this link:</b> <a href="https://www.facebook.com/groups/143802206262536/">www.facebook.com/groups/143802206262536/</a> and requesting membership.
Stroke	Irish Heart Foundation: <b>Stroke booklet</b>	A guide to those affected by stroke and their carers.	<a href="https://irishheart.ie/publications/step-step-stroke/">https://irishheart.ie/publications/step-step-stroke/</a>
Stroke	<b>Croí, The West of Ireland Cardiac and Stroke Foundation:</b> Website	Provides support, information and education for people living with stroke and heart conditions.	<a href="http://www.croi.ie">www.croi.ie</a>



## Stroke

Category	Service	What is involved?	How to access
Stroke	<b>The Living Well Programme:</b> Self-management skills development for adults with chronic conditions	A free programme for adults in Co Donegal with chronic health conditions including stroke. Also suitable for carers. Participants develop the skills to live well with such conditions. Two and a half hours per week over six weeks. Online. Limited in-person programmes	<b>Access:</b> Self-referral, or signposting by health/social care professional: Register by phone on: 0873964307  <b>For more information visit:</b> <a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a>
Stroke	<b>Aphasia</b> information and supports: Online	Information and communication tools for people living with aphasia following a stroke. (UK based site).	<a href="https://www.stroke.org.uk/what-is-aphasia">https://www.stroke.org.uk/what-is-aphasia</a>
Stroke	<b>Headway Helpline</b>	Headway is an Irish registered charity that supports adults (18+) who are affected by brain injury. Headway operates a national helpline which provides information and support to people living with stroke.	<a href="http://www.headway.ie">www.headway.ie</a> <b>Helpline:</b> 1800 400 478

See also section on Generic Supports



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
<b>Self-management skills Programme</b>	<b>The Living Well Programme:</b> Self-management skills development for adults with chronic conditions	A free programme for adults in Co Donegal with any chronic health conditions. Also suitable for carers. Participants develop the skills to live well with such conditions. Two and a half hours per week over six weeks. Online. Limited in-person programmes.	<b>Access:</b> Self-referral, or signposting by health/social care professional: <b>Register by phone on:</b> 0873964307  <b>For more information visit:</b> <a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a>
<b>Stop Smoking Services</b>	<b>Co Donegal Stop Smoking Clinics</b> Free to anyone interested in quitting smoking	HSE Stop Smoking Advisors deliver intensive behavioural support to people who wish to stop smoking. Clinics are delivered at 15 locations across Co Donegal.	<b>Access:</b> Self-referral and GP/Healthcare Professional referral is accepted. For Co Donegal Clinic details and contact details <b>visit:</b> <a href="https://www2.hse.ie/living-well/quit-smoking/support-services/">https://www2.hse.ie/living-well/quit-smoking/support-services/</a>
<b>Stop Smoking Support</b>	<b>Quit.ie</b>	HSE QUIT service provides free, personalised support to help people quit smoking. Website contains useful information on the health benefits of quitting, how to deal with cravings, and nicotine replacement therapy.	<b>Website:</b> <a href="http://www.quit.ie">www.quit.ie</a>  <b>Phone:</b> 1800201 203 <b>Email:</b> <a href="mailto:support@quit.ie">support@quit.ie</a> <b>Text:</b> Free text QUIT to 50100 <b>Tweet:</b> @HSEQuitTeam <b>Facebook</b> Us: facebook.com/HSEQuit
<b>Carers resources</b>	<b>Family Carers Ireland:</b> Website	Advice and support for carers.	<b>For more information visit:</b> <a href="http://www.familycarers.ie">www.familycarers.ie</a> <b>Call the Careline:</b> 1800 240724 <b>Email:</b> <a href="mailto:info@familycarers.ie">info@familycarers.ie</a>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Carers resources	HSE information on Carer's supports: Webpage	Advice and information about supports available to carers.	<a href="https://www.hse.ie/eng/services/list/3/carerssupport/">https://www.hse.ie/eng/services/list/3/carerssupport/</a>
Pain management	<b>Pain Clinic</b> Providing service to Sligo, Leitrim, Donegal, Cavan, Longford, Roscommon, Mayo & Galway	<p>The Pain Clinic is based in Sligo University Hospital. It offers clinic consultations and interventions with the Consultant in anaesthetics and Pain management, the Chronic Pain Clinical Nurse Specialist &amp; Nursing team, and the Clinical Specialist Physiotherapist in chronic pain. Clinics can be arranged as face to face or virtual (via Attend Anywhere link).</p> <p>The service also offers at no cost:</p> <ul style="list-style-type: none"><li>- A Pain Management Education Programme comprising 1 workshop per week for 8 weeks and 2 follow-up sessions - short (2-hour) information sessions about pain management.</li></ul>	<p><b>Access:</b> GP or Consultant referral only, for those with a WHO diagnosis of chronic pain of minimum 3 months duration.</p> <p>Referral letter to include: Past medical/surgical history, up to date radiology reports, physio report &amp; current medications.</p> <p><b>Send to:</b> Pain Management Secretary, Day Services, Level 6, Sligo University Hospital, Sligo.</p> <p><b>More information:</b> For appointment queries contact the Pain management secretary: <b>Phone:</b> 071-9174706 For pain queries and advice contact the Pain Team Nurse. <b>Phone:</b> 0719136875</p>
Pain Management	<b>Chronic Pain Ireland organisation</b>	A national organisation providing information and support services to people living with chronic pain.	<p><b>Visit:</b> <a href="https://chronicpain.ie/">www.<a href="https://chronicpain.ie/">https://chronicpain.ie/</a></a></p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Medicines Information	<b>Webpage</b> of the HSE's National Medication Safety Programme	Information and advice about medications for service users, carers and healthcare professionals.	<a href="http://www.safermeds.ie/">http://www.safermeds.ie/</a>
Medicines Information	'My medicines' list	This is a form for people who take medications and their carers/families to write down a list of all the medicines and supplements they take. This is a help for people in managing medication regimes and when discussing medicines with a health care professional.	Download at: <a href="https://www.hse.ie/eng/about/who/qid/nationalsafetyprogrammes/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf">https://www.hse.ie/eng/about/who/qid/nationalsafetyprogrammes/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf</a>
Medicines Information	<b>Health products regulatory authority (HPRA)</b>	A state agency whose role is to protect and enhance public and animal health by regulating medicines, medical devices and other health products.	<a href="https://www.hpra.ie">https://www.hpra.ie</a>
Vaccinations	<b>COVID-19 Vaccination: HSE advice</b>	For up to date information on COVID-19 vaccination visit:	<a href="https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/">https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/</a>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Vaccinations	Flu Vaccination	<p>The flu vaccine is recommended for those who are living with a chronic health condition as well as those:</p> <ul style="list-style-type: none"><li>- 65 years of age and over</li><li>- pregnant</li><li>- working in healthcare</li><li>- carers</li><li>- living in a nursing home or other long-term care facility</li><li>- in regular contact with pigs, poultry or water fowl.</li></ul>	<p>For up to date information on 'Flu vaccination visit:</p> <p><a href="https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/flu-vaccine-for-people-with-long-term-conditions/">https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/flu-vaccine-for-people-with-long-term-conditions/</a></p>
Vaccinations	Pneumococcal Vaccination	<p>The pneumococcal vaccination provides protection against pneumococcal infections.</p> <p>Pneumococcal vaccination is recommended for adults who are 65 years of age or over and people with certain chronic health conditions.</p>	<p><b>For up to date information go to:</b></p> <p><a href="https://www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/">https://www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/</a></p>
Winter-ready support	Stay Well this Winter: HSE webpage	Information by the HSE to help you stay well during winter. Includes a dedicated advice section for individuals living with chronic health conditions.	<p><a href="https://www2.hse.ie/living-well/winter/advice-patients-with-chronic-conditions/">https://www2.hse.ie/living-well/winter/advice-patients-with-chronic-conditions/</a></p>
Under the weather advice	HSE webpage 'Under the Weather'	Advice for people on managing everyday illnesses like colds, coughs, flu, earache and sore throats. Information from the HSE, GPs and Pharmacists.	<p><b>Visit:</b></p> <p><a href="https://www2.hse.ie/under-the-weather/">https://www2.hse.ie/under-the-weather/</a></p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Healthy eating & weight management	<b>Best Health Weight Management Programme (online)</b>	<p>The <b>Best Health</b> programme supports individuals with weight related behaviours (eating, activity, sleep and stress) to improve health and wellbeing. It is FREE to attend for all patients (GMS and non GMS). Delivered by HSE community Dietitians.</p> <p>Participants are offered a 1:1 appointment with a Dietitian to determine an individual care plan.</p> <p>Participants are then offered 90 minute online group sessions for 6 weeks followed by 8 monthly sessions.</p> <p>Support is offered for one year.</p> <p>Delivered online at time of publication however plans for delivery face-to-face in future.</p> <p><b>Clinical criteria:</b></p> <p>Aged &gt;16 years with a BMI <math>\geq 30 \text{ kg/m}^2</math> (or <math>27.5 \text{ kg/m}^2</math> for South Asian, Chinese, Black African or Caribbean individuals) <b>with 2 obesity related co-morbidities.</b></p> <p><b>Note:</b> obesity related co-morbidities are limited to type 2 diabetes, hypertension, hyperlipidaemia, obstructive sleep apnoea, polycystic ovarian syndrome, and osteoarthritis.</p>	<p><b>Access:</b> GP, GP Nurse, Consultants or any Healthcare Professional can refer.</p> <p>Referral is via the Donegal Community Dietetics referral form. Mark the referral 'Best Health Weight Management Programme' and include the relevant co-morbidities for access to the programme. Send to:</p> <p><b>Email:</b> <a href="mailto:communitydietitian.donegal@hse.ie">communitydietitian.donegal@hse.ie</a></p> <p><b>Post to:</b> Primary Care Centre, Justice Walsh Road, Letterkenny, Co Donegal F92P640.</p> <p>For further information or queries contact <a href="mailto:cdmdonegal@hse.ie">cdmdonegal@hse.ie</a> or Errigal CDM Hub reception on 074 9109250</p>
Healthy eating & weight management	<b>Irish Nutrition and Dietetic Institute (INDI).</b>	The Irish Nutrition & Dietetic Institute (INDI) is the professional organisation for Dietitians in Ireland. This website is a source of nutrition news, resources and fact sheets about nutrition for healthcare professionals.	Visit: <a href="https://www.indi.ie">https://www.indi.ie</a>
Healthy eating & weight management	<b>Safefood website</b>	This website is a reliable source of information on nutrition and food safety. You can also download resources, publications and recipes.	Visit: <a href="https://www.safefood.eu/Home.aspx">https://www.safefood.eu/Home.aspx</a>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Healthy eating & weight management	Booklet: A Guide to Managing your Weight	<p>This booklet for service users gives practical advice about managing weight. It was produced as a joint initiative between the Physiotherapy and Nutrition and Dietetic Departments in the Regional Hospital, Mullingar, in association with Dr Donal O'Shea, HSE Clinical Lead for Obesity.</p> <p>This booklet signposts weight-loss programmes: Slimming World, Unislim and Weight Watchers.</p>	<a href="https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/hospital-groups/weight-management-guide-2018.pdf">https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/hospital-groups/weight-management-guide-2018.pdf</a>
Healthy eating & weight management	Food Pyramid	A 7-page guide to the food pyramid, portion sizes and tips for making healthy food choices.	<b>Download at:</b> <a href="https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf">https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf</a>
Healthy eating & weight management	Online BMI Calculator	Weight Management tool.	<b>Visit:</b> <a href="https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx">https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx</a>
Healthy eating & weight management	Nutrition Supports Toolkit: to manage malnutrition.	<p>Malnutrition can be a serious issue for people with chronic health conditions such as COPD.</p> <p><b>Healthcare Professionals:</b> The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage, malnutrition in the community.</p> <p><b>Public:</b> These resources are intended for people who have been advised by a trained healthcare professional that they require a high calorie high protein diet.</p>	<b>For more information visit:</b> <a href="https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/">https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/</a>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
<b>Healthy eating &amp; weight management</b>	<b>Healthy Food made easy</b> (Inishowen and Bunbeg)	<p>Healthy Food Made Easy is a free 6 week peer-led nutrition and cookery course developed by community dieticians and based on the most up-to-date healthy eating guidelines from the Department of Health. It helps people of all ages to change to a healthy diet, plan meals on a budget and make it easy to cook meals, which in turn can ultimately help reduce diet-related health conditions.</p> <p>A theory section and a cookery section is included each week. Sessions are roughly 2 hours per week.</p>	<p>Access is via self-registration:</p> <p><b>Inishowen</b> <b>Phone:</b> 07493 62218 <b>Email:</b> <a href="mailto:niamh@inishowen.ie">niamh@inishowen.ie</a></p> <p><b>Bunbeg</b> <b>Phone:</b> 086 074 9804 <b>Email:</b> <a href="mailto:dmcgettigan@dldc.org">dmcgettigan@dldc.org</a></p>
<b>Physical activity and exercise</b>	<b>HSE Exercise videos for people living with chronic health conditions</b>	<p>These videos are suitable for people living with chronic conditions who can exercise safely at home. The videos include a variety of 10-minute warm-up, chair and gentle exercises. They also include longer aerobic and resistance exercise sessions. Developed by HSE Physiotherapists.</p>	<p>Visit:</p> <p><a href="https://www.youtube.com/watch?v=FxnP6lEqWZs">https://www.youtube.com/watch?v=FxnP6lEqWZs</a></p>
<b>Physical activity and exercise</b>	<b>'Get Ireland Active' Website</b>	<p>Website providing motivation and guidance to get people active. Houses a directory of places to get active such as local parks, swimming pools, gyms and playing pitches, including in Co Donegal.</p>	<p><a href="https://www.getirelandactive.ie/">https://www.getirelandactive.ie/</a></p>
<b>Physical activity and exercise</b>	<b>Men on the Move, Co Donegal</b>	<p>Men on the Move (MOM) is a physical activity programme that is aimed at adult men (aged 30+) to get more active, have fun, and improve fitness levels. It involves:</p> <ul style="list-style-type: none"><li>-Regular physical activity sessions over 12 weeks that are led by a qualified instructor, at a level appropriate to the participant.</li><li>-Workshops on nutrition and well-being for men.</li></ul> <p>There may be a small cost to attend this programme.</p>	<p>The programme runs in various locations across Donegal and at different times of the year.</p> <p>To find out if there is a programme near you visit:</p> <p><a href="https://activedonegal.com/programme/men-on-the-move/">https://activedonegal.com/programme/men-on-the-move/</a></p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Physical activity and exercise	Parkrun and walk	<p>Parkrun is a free weekly, non-competitive timed 5K walk/jog/run.</p> <p>Parkrun takes place on Saturday mornings in five locations across Co Donegal: Letterkenny, Narin, Falcarragh, Buncrana and Dungloe.</p> <p>Parkruns are run by local volunteers and pre-registration is required.</p>	<p><b>For more information and to register visit:</b></p> <p><a href="https://www.parkrun.ie">https://www.parkrun.ie</a></p>
Emotional and Mental Well Being Supports	Counselling in Primary Care (CIPC)	<p>This service is for people with mild to moderate psychological difficulties. CIPC is available free of charge to medical card holders, who are 18 years of age or over, and who want help with psychological problems. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/ Therapist.</p> <p>The service is suitable for people who are experiencing certain difficulties such as depression, anxiety, panic reactions, relationship problems, loss issues, stress.</p> <p>Available as a face-to-face intervention in a number of locations in Co Donegal, and also available virtually via Attend Anywhere.</p>	<p><b>Access:</b></p> <p>Via referral by GP, other Primary Care team member (e.g. Physiotherapist, Practice Nurse, Occupational Therapist) or Public Health Nurse.</p> <p><b>Access referral forms and more information at:</b></p> <p><a href="https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/">https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</a></p> <p><b>Return referral forms to:</b></p> <p>CIPC Counselling Coordinator 69 Ballyraine Road, Letterkenny, Co. Donegal. <b>Phone:</b> 074 9167250</p>
Emotional and Mental Well Being Supports	Your Mental Health: HSE webpage	The webpage is a reliable source of advice, information and support services for mental health and wellbeing.	<p><b>Visit:</b></p> <p><a href="https://www2.hse.ie/mental-health/">https://www2.hse.ie/mental-health/</a></p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
<b>Emotional and Mental Well Being Supports</b>	<b>Mental Health Ireland</b> Website and services.	Mental Health Ireland is a national voluntary organisation which aims is to promote positive mental health and wellbeing to all individuals and communities in Ireland.  Area Development Officers deliver awareness raising initiatives and targeted education and training programmes on mental health issues in a variety of settings in local communities.	<b>Visit:</b> <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a> <b>Phone:</b> 01 284 1166  <b>Area Development officer Co Donegal:</b> Bill Vaughan <b>Email:</b> <a href="mailto:bill@mentalhealthireland.ie">bill@mentalhealthireland.ie</a> <b>Phone:</b> 086 772 3287
<b>Emotional and Mental Well Being Supports</b>	<b>Stress Control Programme</b> (online)	Stress Control is an evidence-based programme that teaches practical skills to deal with stress over six 90-minute sessions.  The programme is offered by the HSE free of charge.	<b>Access:</b> Anyone can enrol themselves at: <a href="http://www.stresscontrol.ie">www.stresscontrol.ie</a>
<b>Emotional and Mental Well Being Supports</b>	<b>Aware:</b> Depression and bipolar disorder support organisation.	Aware is an organisation which provides support and information to people experiencing depression and bipolar conditions.  Aware offers a free support line, support email, online life-skills training and local support groups.	<b>Visit:</b> <a href="http://www.Aware.ie">www.Aware.ie</a>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
<b>Emotional and Mental Well Being Supports</b>	<b>Grow</b> Emotional and mental wellbeing support organisation.	<p>GROW is an organisation providing support and education around emotional and mental wellbeing. GROW's weekly support meetings offer members a practical path out of mental and emotional issues. Grow offers a 12-step recovery programme based on CBT techniques for people who are feeling lonely, isolated or stressed, or who have experienced or are experiencing mental health problems.</p> <p>Free confidential weekly group meetings are held online and in venues across Donegal</p>	<p><b>Access (self-referral):</b> For information and to register for a support group online or in person.</p> <p><b>Visit:</b> <a href="http://www.grow.ie">www.grow.ie</a></p>
<b>Emotional and Mental Well Being Supports</b>	<b>Private Counselling and Psychotherapy Services (entails cost to user)</b>	<p>For individuals who wish to access private counselling or psychotherapy services, these professional organisations provide a directory of accredited counsellors and psychotherapists nationwide.</p>	<p>Irish Association of Counsellors and Psychotherapists (IACP): <a href="https://iacp.ie">https://iacp.ie</a> Call: 01-230 3536</p> <p>The Psychological Society of Ireland (PSI) <a href="http://www.psychologicalsociety.ie">www.psychologicalsociety.ie</a> Call: 01-472 0105</p> <p>The Irish Council for Psychotherapy (ICP) <a href="http://www.psychotherapycouncil.ie">http://www.psychotherapycouncil.ie</a> Call: 01-905 8698</p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Epilepsy support	<b>Epilepsy Ireland</b>	Advice, information and support for people with epilepsy in Ireland.	<b>Visit:</b> <a href="http://www.epilepsy.ie">www.epilepsy.ie</a>
Epilepsy support	<b>Epilepsy Community Resource Officer, Sligo Leitrim and Donegal: (Epilepsy Ireland)</b>	The Epilepsy Ireland Community Resource Officer provides support and information for people with epilepsy as well as their families and carers. Whether it's information, advocacy or just a listening ear, the Community Resource Officer can meet with the person and/or their family/carers, talk by phone or answer via email.	<b>Contact details:</b> Epilepsy Ireland Community Resource Officer for Donegal, Leitrim & Sligo: <b>Tel:</b> 074 9168725 <b>Email:</b> <a href="mailto:amooney@epilepsy.ie">amooney@epilepsy.ie</a>
Sight loss support	<b>National Council for the Blind Ireland (NCBI)</b>	NCBI is the national sight loss agency. It is a not for profit agency that provides supports and services for people who are experiencing difficulties with their eyesight. Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.	<b>Visit:</b> <a href="http://www.ncbi.ie">www.ncbi.ie</a> <b>Email:</b> <a href="mailto:info@ncbi.ie">info@ncbi.ie</a>
Hearing loss support	<b>Chime: National charity for deafness and hearing loss</b>	Support, services and advocacy to anyone affected by hearing loss. Information and advice, individual, family and group support provided by professionals; technology for the home, school and workplace, including hearing aids.	<b>Visit:</b> <a href="https://www.chime.ie/">https://www.chime.ie/</a>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Social and Community Supports	Social Prescribing	<p>Social Prescribing is about supporting the health and wellbeing of people by using community based activities such as exercise, art, reading and gardening, and self-help supports such as the Stress Control Programme or the Living Well Programme.</p> <p>Social prescribing is for adults over the age of 18, including (but not exclusively) people:</p> <ul style="list-style-type: none"><li>with one or more long-term conditions</li><li>who need support with their mental health</li><li>who are lonely or isolated</li><li>who are frequent GP/ED attendees and may benefit from other social supports outside of clinical services</li><li>who have complex social needs which affect their health and wellbeing.</li></ul> <p>The Social Prescribing Coordinator will talk to the person about what activities interest them and will assist and support them in attending these activities.</p>	<p><b>Access:</b> Via GP or Health and Social Care Professionals referral, or via Self-referral, to the local Social Prescribing Coordinator:</p> <p><b>Ardara/Glenties:</b> <a href="mailto:spcarolinebarrett@protonmail.com">spcarolinebarrett@protonmail.com</a> 087 365 2577</p> <p><b>Bunbeg/Derrybeg:</b> <a href="mailto:sgaothdobhair@gmail.com">sgaothdobhair@gmail.com</a>; 087 094 5245</p> <p><b>Inishowen:</b> <a href="mailto:carmel@inishowen.ie">carmel@inishowen.ie</a>; 086 040 6950</p> <p><b>Derryveagh:</b> <a href="mailto:spcderryveagh@gmail.com">spcderryveagh@gmail.com</a>; 086 076 6670</p> <p><b>Donegal Town/Pettigo:</b> <a href="mailto:spcarolinebarrett@protonmail.com">spcarolinebarrett@protonmail.com</a>; 087 365 2577</p> <p><b>Rosses/Fintown:</b> <a href="mailto:rossessocialprescribing@gmail.com">rossessocialprescribing@gmail.com</a>; 087 151 1855</p> <p><b>Killybegs/Kilcar/Glen:</b> <a href="mailto:spcarolinebarrett@protonmail.com">spcarolinebarrett@protonmail.com</a>; 087 365 2577</p> <p><b>Letterkenny:</b> <a href="mailto:letterkennysp@yahoo.ie">letterkennysp@yahoo.ie</a>; 083 133 5700</p> <p><b>Lifford/Castlefinn:</b> <a href="mailto:socialprescriberlifford@gmail.com">socialprescriberlifford@gmail.com</a>; 089 458 9663</p> <p><b>Milford/Rossguill/Fanad:</b> <a href="mailto:frspcoordinator@gmail.com">frspcoordinator@gmail.com</a>; 089 215 7232</p> <p><b>For more information visit:</b> <a href="https://allirelandsocialprescribing.ie/members-map/">https://allirelandsocialprescribing.ie/members-map/</a></p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Social and Community Supports	Family Resource Centres	<p>There are a number of Family Resource Centres in Co Donegal. These provide a range of services including information, advice and support to target groups and families within their local communities.</p> <p>Services include practical assistance such as access to information technology and office facilities, education and training opportunities and some centres provide low-cost counselling services.</p>	<p><b>To search for family resource centres in Co. Donegal visit:</b></p> <p><a href="http://www.familyresource.ie/family-resource-centres-ireland.php#">http://www.familyresource.ie/family-resource-centres-ireland.php#</a></p>
Social and Community Supports	Mens Sheds	<p>A Men's Shed is a community-based, non-commercial organisation which is open to all men. The primary activity is the provision of a safe, friendly and inclusive environment where men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men. The primary objective of Mens Sheds is to advance the health and well-being of the participating men.</p> <p>There are a number of Mens Sheds across Co Donegal.</p>	<p><b>To find the Mens Shed in your area visit:</b></p> <p><a href="http://menssheds.ie/shed-directory/">http://menssheds.ie/shed-directory/</a></p>
Citizens Information	Citizens Information	Information on rights and entitlements.	<p><b>For contact details of local centres visit:</b></p> <p><a href="http://centres.citizensinformation.ie/">http://centres.citizensinformation.ie/</a></p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Older adults resources	ALONE	<p>ALONE is an organisation that enables people to age at home. ALONE works with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties.</p> <p>ALONE services include:</p> <p>Technology solutions for older people to remain at home;</p> <p>Befriending support, in-person or by phone (view next listing)</p>	<p><b>Access:</b> Those aged over 60 who are in need of advice, support or information, can call the ALONE National Support and Referral Line, seven days a week from 8am – 8pm: <b>Phone:</b> 0810 222 024</p> <p><b>ALONE Donegal:</b> Address: 6 Ardaravan Square, Buncrana, Co. Donegal. <b>Tel:</b> (074) 93 21598 <b>Email:</b> <a href="mailto:hello@alone.ie">hello@alone.ie</a> <b>For more information visit:</b> <a href="http://www.alone.ie">www.alone.ie</a></p>
Older adults resources	Befriending Service Co Donegal	A visitation service and telephone befriending service is provided to older people in Co. Donegal aged 60+, in partnership with ALONE. Befriending services aim to alleviate the impact that loneliness can have on health. Support coordinators also work to coordinate additional supports for older people to allow them to remain living at home.	<p>Befriending Service Coordinator Details: Emma Kennedy: <a href="mailto:emma.kennedy@alone.ie">emma.kennedy@alone.ie</a></p> <p>Telephone Service Contact Details: Deirdre Browne <a href="mailto:deirdre.browne@alone.ie">deirdre.browne@alone.ie</a></p> <p><b>For locations and details visit:</b> <a href="https://alone.ie/community-impact-network/">https://alone.ie/community-impact-network/</a></p>
Employment Supports	Employment Response North-West (Donegal, Sligo, Leitrim)	Employment Response North West is a free employment and recruitment service contracted by the Dept. of Employment and Social Protection. It aims to assist people with a health condition, injury, illness or disability, aged 16 to 65, to secure and maintain a job in the open labour market.	<p><b>Phone:</b> 071 9153222 <b>Email:</b> <a href="mailto:info@employmentresponse.ie">info@employmentresponse.ie</a></p> <p><b>Postal address:</b> Donegal/Leitrim/Sligo Employment Response North West, 1 Custom House Quay, Sligo For more information visit: <a href="https://www.employabilitynw.ie/">https://www.employabilitynw.ie/</a></p>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Employment Supports	<b>Ability Programme</b> (Irish Wheelchair Association)	An employability and job-seeking skills programme for people aged 18 and over with a physical disability. Supports participants to develop skills to become independent job seekers or employees.	<b>Visit:</b> <a href="https://www.iwa.ie/services/employment-skills-programme/">https://www.iwa.ie/services/employment-skills-programme/</a>
Financial Support	<b>Money Advice and Budgeting Service (MABS)</b>	MABS is a free, independent, non-judgmental and confidential service for people who are in debt or at risk of getting into debt. MABS works with individuals to determine the type of support needed including assessing whether it is necessary to meet with a Money Adviser.	<b>For more information visit:</b> <a href="http://www.mabs.ie">http://www.mabs.ie</a>
Literacy support	<b>National Adult Literacy Agency (NALA)</b>	Help for adults with reading, writing, maths and technology	<b>For more information visit:</b> <a href="https://www.takethefirststep.ie">https://www.takethefirststep.ie</a>  <b>Freephone</b> 1800 20 20 65 <b>Text</b> LEARN to 50050 <b>Email:</b> <a href="mailto:info@nala.ie">info@nala.ie</a>
Libraries	<b>Healthy Ireland at your Library</b>	The Healthy Ireland at Your Library service is available in all 330 public libraries in Ireland. Libraries can provide health information, books on health and wellbeing and online health information. They also run health promotion programmes and events at local libraries.	<b>For more information view:</b> <a href="https://twitter.com/LibrariesIre">https://twitter.com/LibrariesIre</a>



## Directory of supports for adults with Asthma, COPD, Diabetes, Heart conditions and Stroke

Category	Service	What is involved?	How to access
Information about HSE services	HSE Live: Phone, Email or live-chat	HSELive is a general information service that provides information to the public relating to the HSE's services and schemes. The service is contactable by phone, e-mail and live-chat. It is open from 8:00 am to 8:00 pm Monday to Friday and from 10:00 am to 5:00 pm on Saturday.	<b>Visit:</b> <a href="https://www2.hse.ie/contact/">https://www2.hse.ie/contact/</a>  <b>Callsave:</b> 1800 700 700 <b>Tel:</b> 01 240 8787 <b>Twitter:</b> @HSELive
HSE Self-management Support Coordinators	The role of a Self-management Support Co-ordinator is to support the awareness and development of services which increase the ability and confidence of people with long-term health conditions to manage their health and to live well. A directory of services and programmes such as this is being created in each CHO area and can be found at: <a href="https://www.hse.ie/selfmanagementsupport">https://www.hse.ie/selfmanagementsupport</a>		
	Maeve McKeon	Community Healthcare Donegal Sligo Leitrim Cavan Monaghan	<a href="mailto:maeve.mckeon@hse.ie">maeve.mckeon@hse.ie</a>
	Ailish Houlihan	Community Healthcare West - Galway, Mayo, Roscommon	<a href="mailto:ailish.houlihan@hse.ie">ailish.houlihan@hse.ie</a>
	Ruth Reidy	Midwest Community Healthcare	<a href="mailto:ruth.reidy@hse.ie">ruth.reidy@hse.ie</a>
	Maeve Carmody	Cork Kerry Community Healthcare	<a href="mailto:maeveh.carmody@hse.ie">maeveh.carmody@hse.ie</a>
	Rosaleen Macuistin	South East Community Healthcare	<a href="mailto:selfmanagementsupportssech@hse.ie">selfmanagementsupportssech@hse.ie</a>
	Mary Gowing	Community Healthcare East - Dublin South East, Dun Laoghaire and Wicklow	<a href="mailto:mary.gowing@hse.ie">mary.gowing@hse.ie</a>
	Mary Rose Cunningham	Dublin South, Kildare & West Wicklow Community Healthcare	<a href="mailto:MaryRose.Cunningham@hse.ie">MaryRose.Cunningham@hse.ie</a>
	Ger Walsh	Midlands Louth Meath Community Healthcare - Dublin West, Dublin South West, Dublin South Inner City, Kildare, West Wicklow	<a href="mailto:GerA.Walsh@hse.ie">GerA.Walsh@hse.ie</a>
	Caroline Peppard	Dublin North City & County Community Healthcare Organisation	<a href="mailto:Caroline.peppard@hse.ie">Caroline.peppard@hse.ie</a>

**DISCLAIMER:** The material contained in this directory is intended for reference by health and social care professionals (HSCPs) as a guide to supports available to adults with chronic health conditions. The directory is to be used to guide HSCPs in signposting individual service users to resources appropriate to their needs and abilities.

Information is current as per publication date and is subject to change at the discretion of the service provider.



## Health and Wellbeing Community Healthcare Organisation Area 1

This directory is available at: [www.hse.ie/selfmanagementsupport](http://www.hse.ie/selfmanagementsupport)

