

FOR OVER 130 YEARS ST. LUKE'S HOME HAS BEEN A LEADING PROVIDER OF CARE FOR CORK'S OLDER RESIDENTS. TODAY, THE IRELAND FUNDS ARE HELPING EXTEND THAT LEADERSHIP EVEN FURTHER.

# CARE CORK

**St Luke's**  
HOME, CORK

## NORTHRIDGE HOUSE

IN ADDITION TO SERVING THE COMMUNITY, ST. LUKE'S NORTHRIDGE EDUCATION CENTRE HAS TRAINED OVER 200 OTHER NURSING HOMES, HOSPITALS AND HEALTHCARE CENTERS.



THE MOMENT VISITORS WALK INTO THE BRIGHT SPACE OF ST. LUKE'S HOME, they realize it is unique. Specializing in care for older people with dementia and Alzheimer's, the main corridor of St. Luke's is designed not as a typical nursing home, but as a main street. An art studio, a beauty parlor, and a dining area, all sport friendly store-front designs evoking a small town where residents can stop in and enjoy a class, a cup of tea, or a chat with a friend. For residents and day-visitors, and especially for those with dementia or Alzheimer's, the unique design promotes a tranquil home-like environment that calms and comforts.

As well as caring for 128 residents, St. Luke's operates a Day Care Center where older people who are still able to live at home, can also benefit from the social interaction and intellectual stimulation of a day program. The program also provides a respite for families caring for an older family member at home. Through a grant from The Ireland Funds, the day care program has been extended and is now offered one Saturday a month allowing families an additional weekend day of flexible time while knowing their family member is receiving care.

St. Luke's also operates the Northridge Education Centre which provides training not only for its own staff, but for others across Ireland that are working and volunteering in the sector. It is unique in that it is the only residential nursing home in Ireland with a dedicated education center on-site. "To date we have been able to offer courses and training to over 200 other nursing homes, hospitals and healthcare centers," says David O'Brien, Chief Executive Officer of St. Luke's Home. "And we're also able to use the education space for other organizations in the community so we're serving upwards of 300 people a week."

In addition to running seminars and conferences to teach best practices to other nursing homes, the accredited staff of St. Luke's also offers programs for families in Cork. As part of its outreach objective, St. Luke's applied to The Ireland Funds for a grant to roll out a training program for family members looking after older relatives at home. Mindful that many family members often find themselves in a caring role both part and full-time without the necessary skills, knowledge or experience St. Luke's Home, with support from leading home care provider 'Home Instead Senior Care' put together a 3 hour workshop covering practical age-related topics. These included:

- The ageing process
- Self-care for the carer
- Dementia and associated behaviours
- People handling skills and associated risks.

The workshop was delivered by skilled professional tutors and offered family carers the opportunity to learn and take part in an informal question and answer session. Thanks to funding from The Ireland Funds, twelve free workshops were held both on-site and offsite in Bishopstown and Mayfield for 130+ people who otherwise would have not been able to attend. "There's a huge sense of isolation for families caring for an older relative," says David. "In so many ways they are on their own and in our economy there are very limited resources. So for us, providing education is transformative for these families. It's like the dropping of one stone into the pond...it does go everywhere. That's our hope."

THE IRELAND FUNDS ARE PROUD TO PLAY A SMALL ROLE IN THE CARE OF CORK'S OLDER COMMUNITY THROUGH ST. LUKE'S HOME AND SALUTE THEIR UNIQUE APPROACH TO EDUCATION AND SUPPORT.