

Why not help us?

Become a member

- to ensure that all ageing people are treated fairly, and they are not excluded from services on the basis of their age
- to support our life long learning programme
- to expand our care & repair programme to visit older people in their homes and carry out basic DIY jobs
- to support and train carers
- to support our Getting Started computer training programme
- Become a volunteer, send a donation or visit one of our charity shops



What Does Age Action do?

- We **educate** through life long learning groups, computer training courses, publications and website www.ageaction.ie
- We **help** older people in their homes through DIY and home visitation programme
- We **support, advise** and **organise** training for carers
- We **inform** through our information service and library
- We do **research** on ageing and lobby government to make life better for all older people
- We **bring together** all individuals and groups interested in ageing and older people
- We **assist** in the set up of resident councils in nursing homes and day care centres
- We **run** reminiscence and activation programmes in day care centres and nursing homes

Head Office

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Charity No. CHY 10583
Registered in Ireland No. 198571

CARER SUPPORT PROGRAMME

Age Action

IRELAND

For All Older People



**Making
Ireland the
best place
in which to
grow old**

What is Age Action?

Age Action is Ireland's leading charity working to improve the quality of life of all older people and their carers.

We have members of all ages. Many are older people, some are carers, others are professionals, voluntary groups, statutory bodies and private firms.

We want to change attitudes, and tackle ageism in all forms. We believe older people should have the same rights as any other age group, and should not be judged by their chronological age.

We promote positive ageing, and organise Positive Ageing Week each year.



The **Carer Support Programme** runs a series of practical support and training programmes for carers of all ages who are caring for people of all ages, in South Dublin, Wicklow and Kildare.

We provide:

- Training for carers specifically designed to suit their needs;
- Training in local areas at a time which suits carers;
- An opportunity for carers to meet to discuss and share problems;
- A platform for carers to express their views;
- A series of information seminars for carers;
- A telephone helpline.

Why Get involved in training?

- Training can give you the skills and confidence to make caring in the home easier;
- Training can help answer the questions you may have about caring in the home.

For further information contact:

Carer Support Programme

Tel: 01 4984746

Email: carersupport@ageaction.ie

Application Form

I wish to join **Age Action Ireland** and enclose €..... membership fee, plus €..... voluntary donation.

- Individual retired/unwaged - €10
- Individual employed - €30
- Voluntary - €50
- Statutory - €200
- Commercial - €500

NAME:

ADDRESS:

TEL:

E-MAIL:

Standing Order

TO THE MANAGER (name of Bank/Building Society)

BANK ADDRESS:

Please pay annually to **Age Action Ireland**, permanent tsb, 16/17 College Green, Dublin 2, Account No. 87779021, Branch Sort Code 99/06/25, the following amount until further notice
€.....

Starting on :..... day :..... month :..... year

NAME: (Block Letters):

PAYERS REFERENCE: M (membership number)

SIGNATURE:

BANK ACCOUNT NO:

BRANCH SORT CODE:

