



"Every Christmas for us with Liam is a gift and a chance to make precious family memories. The decorations will go up and we will enjoy the lead up to Christmas Day like all families but as a family caring for a child with complex medical needs, our Christmas will be centred on Liam's routine which is regimented around his medications and feeding".

Niamh Ryan, Mum and family carer.



Hello,

My name is Niamh Ryan and I live in Laois with my husband Gerry and beautiful twin boys Liam and Sean. The boys (14) bring joy to our lives every day. As well as being a mum, I'm a full-time family carer for Liam who has severe spastic quadriplegic cerebral palsy, a life-limiting condition. Liam uses a wheelchair and has no functional use of his hands and legs. He is on 28 doses of 18 different medications and 4 nebulisers every day. He requires full assistance with all of his needs including personal care.



This is me, Niamh, and my son Liam at home in his specially adapted bedroom. Liam has a wonderful sense of humour, full of devilment and mischief, just like his favourite TV character Mr. Bean!

Caring for Liam this year has been made all the more difficult because of the cost of living crisis. Everyone is struggling and trying to find ways to cut back or make savings where they can. But for us, this is not an option. Electricity costs are at an all-time high but Liam's medical equipment has to be left on and charging 24 hours a day. Our heating has to be on more than most as Liam misses a lot of school through illness and must be kept comfortable. Liam's clothes are more expensive because they have to be adapted for his feeding tube and wheelchair. Our washing machine is used continuously as things get soiled, wheelchair covers need to be washed. Taking Liam to his frequent medical appointments requires diesel. Making ends meet can be a struggle. Despite this and how difficult, stressful and exhausting it is, I am determined to look after our beautiful happy boy to the best of my ability and I dread the day when I won't have to do it anymore.

This Christmas, I am asking you to buy a Family Carers Ireland **Gift of Impact**. You will help family carers who are struggling to make ends meet by providing support, information and counselling as well as respite care. With your help, we can ensure no one is left to care alone this Christmas.

Wishing you and your family a very Happy Christmas and all the best for 2023.

Niamh Ryan
Mum and full-time family carer



Family
Carers
Ireland

No one should have
to care alone



CARING FOR A LOVED ONE CAN BE REWARDING. BUT IT CAN ALSO BE DIFFICULT, FRIGHTENING AND ISOLATING. **IT SHOULDN'T BE.**



As a charity, we are aware that you are being approached at this time of year for support but we would ask that you please consider donating to Family Carers Ireland and help family carers like Niamh this Christmas and beyond!

With your **gift of impact**, family carers like Niamh will not be left to care alone. That is why Family Carers Ireland exists – providing vital support to over 100,000 families every year through direct supports, respite, advice and crisis planning, digital supports and through our social media community.

€1,000 could fund up to 40 hours of in-home respite care for a family carer.

€5,000 could fund an average of 10 counselling sessions for 10 family carers who have reached burn out.

€10,000 could fund 1 sensory space bed for a child with intellectual disability or an adult with dementia, providing a safe place for the cared-for person and huge peace of mind for their family carer.

€25,000 could fund medical equipment that assists the family carer in their role at home, e.g. electrical ceiling hoists; customised mobility solutions; housing adaptations such as accessible bathroom renovations.

GIFTS OF IMPACT



A sensory space bed provides a safe place for the cared-for person and peace of mind for their family carer

DONATING IS SIMPLE



Simply phone me to pledge your support. If you are considering making a large donation, I would love to discuss how we could potentially spread the cost over 2022 and into 2023.

Eileen Aherne

Fundraising Manager
086 172 6270
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— Or you can donate online by —
simply clicking [here!](#)

To donate to our bank account:

Bank of Ireland, College Green, Dublin 2
Account Name: Family Carers Ireland
Account Number: 52299390
Sort Code: 90 00 17
IBAN: IE38BOFI90001752299390
SWIFT: BOFIE2D

Or you can post a cheque, made payable to Family Carers Ireland to:
Family Carers Ireland, Christmas Appeal,
Michelle Connolly, Market Square,
Tullamore, Co Offaly

