

**THE IRISH LUNG
FIBROSIS ASSOCIATION**



DIRECTORY OF SERVICES

A guide to healthcare, practical supports, and trusted services for people affected by lung fibrosis.



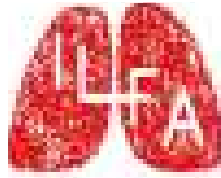
Your Personal Telephone Numbers

Emergency services: 999 or 112

PERSON	PHONE	EMAIL
General Practitioner (GP)		
Pharmacy		
Hospital Clinic		
Respiratory Nurse		
Physiotherapist		
Occupational Therapist		
Social Worker		
Dietician		
Public Health Nurse		
Local Health Authority		
Oxygen Company		
Oxygen Refill		

Tips!

- Keep a folder with all your important healthcare documentation stored in one place.
- Keep a diary and record the dates of all your telephone calls and correspondence.
- Photocopy all correspondence including your application forms



IN MEMORY OF DENISE CASSIDY

The Directory of Services for Patients with Lung Fibrosis was based on an original idea by Denise Cassidy

Disclaimer

The Directory of Services for Patients with Lung Fibrosis is intended as a guide only and does not purport to be a legal interpretation.

While every effort has been made to verify information provided in The Directory of Services for Patients with Lung Fibrosis, the Irish Lung Fibrosis Association does not assume any responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

The user of The Directory of Services for Patients with Lung Fibrosis assumes responsibility for the use of this material and information. The Directory of Services for Patients with Lung Fibrosis provides links to other websites; however, the Irish Lung Fibrosis Association is not responsible for the information or content located at other websites.

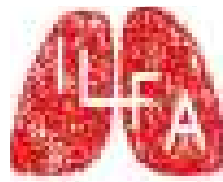
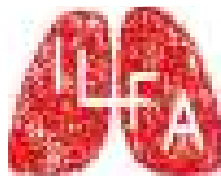
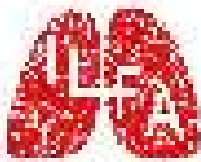


Table of Contents

About the Irish Lung Fibrosis Association	05
ILFA Support Groups	06
Fundraising	08
Ways to Donate to ILFA	09
Regional Specialist ILD Centres	10
Regional ILD Centres List	10
Your Healthcare Team	11
Medical Entitlements	13
Medical Card	13
GP Visit Card	14
EHIC Card	16
National Counselling Service	16
Mental Health Resources	17
National Support Organisations	17
Oxygen Therapy	18
Air Liquide Healthcare	19
Vivisol Ireland	19
ILFA Medical Alert Card	20
Travelling with Oxygen	21
Electricity Supply	25
Electricity Allowance	26
Interruption to Electrical Supply	26
The STALL Card	27
Pulmonary Rehabilitation	28
ILFA Exercise Classes	28



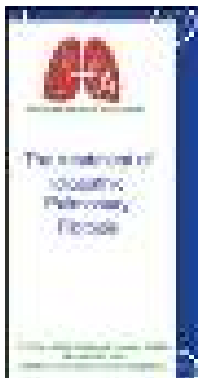
Mobility and Transport	29
Irish Wheelchair Association Centres	29
Suppliers of Wheelchairs and Mobility Aids	33
Parking Permit for a Disabled Driver	35
Mobility Allowance	36
Vantastic	36
Car Adaptions	37
Applications for Disabled Parking Bay.....	37
Tax Concessions	37
Home Modifications	38
Occupational Therapist	38
Housing Adaption Grant	39
Mobility Aid Grant Scheme	40
Suppliers of Bathroom & Accessories.....	41
Stairlifts	45
Community Services	49
Physiotherapy	49
Public Health Nurse	49
Home Help	49
Financial Assistance	50
Disability Allowance	50
Carer's Allowance	50
Carer's Benefit	51
Carer's Support Grant	51
Supplementary Welfare Allowance	52
Exceptional Needs Payment	52
Tax Relief	53
Tax Concessions	53
VAT Claims	53
Repayment of VRT	53
National Organisations	54
Useful Websites	56



About the Irish Lung Fibrosis Association

The Irish Lung Fibrosis Association (ILFA) was set up in 2002 in memory of Fergus Goodbody. ILFA is a voluntary charity (Charitable number CHY 15462) and is registered with the Companies Registration Office (registration number 367940), the Charity Regulatory Authority and the Registration of Lobbying Act 2015.

ILFA's patrons are Michael Darragh Macauley and David Gilna.



ILFA aims to increase awareness about lung fibrosis, to provide information and support to people affected by this condition and promote education and research. ILFA produces information leaflets, patient resources, and newsletters for our members which are available free of charge. ILFA holds two Patient Information Days every year where doctors, healthcare professionals and invited guests give lectures about lung fibrosis to patients and carers. ILFA also has a website (www.ilfa.ie) which is updated regularly and contains information about all aspects of lung fibrosis, practical information, and current news and events.

Contact

Address: ILFA, C/O Carmichael Centre,
4 Brunswick St N, Dublin,
D07 RHA8

General Enquiries: 086 871 5264

Fundraising Enquiries: 086 057 0310

Website: www.ilfa.ie

Email: info@ilfa.ie

SOCIAL MEDIA

 www.youtube.com/@irishlungfibrosisassociati1875



 www.facebook.ie/ilfaireland



 https://x.com/ILFA_Ireland



 www.instagram.com/ILFA_Ireland





ILFA Support Groups

ILFA has a number of support groups engaged in regular face-to-face meetings around the country for members. There is no fee to attend these groups and all lung fibrosis patients and family members are welcome to attend.

For more information, please contact the leader in your area (details are included below). ILFA asks that all support group members do not attend the face-to-face meetings if feeling unwell, to protect the health of others. If you would like help to set up a new support group in your area, please contact Gemma on 086 057 0310

The organisation also hosts an online pulmonary fibrosis support group via Zoom. If you would like to register to attend, please email gemma@ilfa.ie.

ILFA Support Groups

Cavan-Monaghan Support Group

Tel: Kevin 087 762 3485 for more information.

Clare Support Group

The group meets on the first Wednesday of the month at the West County Hotel, Ennis at 12 noon.

Please call Michael on 087 6374068 for more information.

Cork Support Group

The group meets on the last Thursday of the month at the Elm Tree, Glounthane at 11am.

Please call Anne on 087 985 4587 for more information.

Donegal Support Group

Please contact gemma@ilfa.ie for more information.

Dublin Support Group

The group meets at the Community Centre at Our Lady of Mount Carmel Church, Whitefriar Street, Aungier Street, Dublin 2 on the first Tuesday of the month at 2pm.

Please call Matt on 086 244 8682 for more information.

Galway Support Group

Please contact gemma@ilfa.ie for more information.

Kerry Support Group

The group meets on the last Saturday of the month at the Meadowlands Hotel, Tralee at 3pm.

Please call John on 087 280 9801 for more information.



Midland Support Group

The group meets on the 2nd Thursday of the month at the Tullamore Court Hotel at 2.30pm.

Please contact Val on 087 233 2653 for more information.

Sligo Support Group

The group meets on the first Wednesday every month, at the Sligo Park Hotel at 11am.

Please contact Pat on 086 272 9146 or Margaret on 086 102 4924 for more information.

ILFA Virtual Pulmonary Fibrosis Support Group

Please contact gemma@ilfa.ie for more information.





Fundraising

ILFA is a voluntary organisation and relies on donations and money raised by our fundraisers and supporters and corporate donations in order to carry out our work.

The Women's Mini-Marathons in Dublin and Cork are some of the largest annual fund-raising events for ILFA. Please ask your female relations, friends, and colleagues to take part and run, jog or walk the mini-marathon for ILFA. The annual Christmas/New Year swim is another popular fundraising event.

Many fundraisers take part in other organised events. For example, marathons, triathlons, half-marathons and mini-marathons, cycles, golf classics, sky-dives, table quizzes, fancy dress parties, coffee mornings etc. ILFA can also help you with ideas for 'wedding favours' for your guests if they would like to make a donation to ILFA.

Please contact ILFA if you would like to discuss any fundraising ideas or events. We can provide you with sponsorship cards, t-shirts and other merchandise. Contact ILFA by phone on 086 057 0310; by email gemma@ilfa.ie

Just Giving ILFA is registered with www.justgiving.ie for online fundraising and donations. If you are organising a fund-raising event, please consider using this online facility which allows your sponsors to donate money directly and securely to ILFA's bank account using their debit or credit cards.

The website, allows you to create your own online page giving details of your fundraising event. Your personal online page can be emailed to your family, friends, and colleagues in Ireland and abroad. It is an easy way to fundraise.

Paypal ILFA is signed up to the Paypal Giving Fund. When you donate to PayPal Giving Fund through this page, 100% of your donation will go to ILFA.

<https://www.paypal.com/ie/fundraiser/charity/4043546>





Ways to Donate to ILFA

Donation Cards ILFA Donation cards and envelopes with full details on the different ways to donate to ILFA are available on request by emailing info@ilfa.ie or calling 086 871 5264.

Standing Order A Standing Order is an easy way to donate regularly to ILFA. You choose how much and how often you want to make a donation and the amount will be automatically transferred to ILFA's bank account on a date that suits you. If you pay tax and donate more than €250 in a year, ILFA can claim this tax back from the revenue commissioners.

Credit Transfer It is possible to make a direct transfer to the ILFA bank account. Please contact ILFA for the account details and IBAN.

Important! When transferring money to the ILFA account, please include your name or the name of the organisation on the lodgement slip, your contact details; including address, telephone number, and email address. This will ensure that ILFA knows who made the lodgement and your donation can be acknowledged.

Direct Donations Direct donations can be made securely to the ILFA bank account via www.justgiving.ie or to www.idonate.ie. A small charge is involved for each transaction. Search for 'Irish Lung Fibrosis Association' and follow the instructions to make a secure donation to ILFA.

Postal Donations Post your cheque, postal order or bank draft (made out to ILFA) to; **ILFA, C/O Carmichael Centre, 4 Brunswick St. N., Dublin, D07 RHA8**

ILFA Website You can donate directly with your bank card using the ILFA website: <https://ilfa.ie/product/donate-ilfa/>

Join the ILFA mailing list to receive our newsletters with information about research, upcoming events, fundraising activities and support group details.





Regional Specialist ILD Centres

A Regional Specialist ILD Centre (Interstitial Lung Disease Centre) is a hospital or clinic with a dedicated multidisciplinary team that specialises in diagnosing, treating, and supporting people with interstitial lung diseases, including pulmonary fibrosis and idiopathic pulmonary fibrosis (IPF).

Regional Specialist ILD Centres List

Supplied by: The Irish Thoracic Society Interstitial Lung Disease Group 2018

Beaumont Hospital, RCSI Hospital Group

P.O. Box 1297 Beaumont Road Dublin 9, Ireland

Tel: (01) 809 3000

Pulmonary Function Unit:

Tel: (01) 809 3151

Respiratory Physiologist Tel: (01) 809 2766

Website: <http://www.beaumont.ie/>

Cork University Hospital

Cork University Hospital, Wilton, Cork, Ireland

Tel: 01 492 2000

Respiratory Dept Tel: 021-4920169

Website: <https://www.cuh.hse.ie/>

Galway University Hospital

University Hospital Galway Newcastle Road, Galway H91 YR71 Ireland

Tel: +353 91 524222

Website: <https://saolta.ie/hospital/university-hospital-galway>

St James Hospital Dublin

James Street Dublin 8 Ireland D08 NHY1

Tel: (01) 410 3000

John Houston Ward Tel:(01) 416 2219/2228

Website: <https://www.stjames.ie/>



Mater Misericordiae University Hospital

Eccles St, Dublin 7

Tel: 353 (01) 803 2000

Website: <https://www.mater.ie/>

National Lung Transplant Unit, Mater Hospital

The National Lung Transplantation programme is based at the Mater Misericordiae University Hospital in Dublin.

Heart and Lung Transplant Office

Tel: 01 803 2606 OR Tel: 01 860 7047

Heart and Lung Transplant Ward Tel: 01 803 4237

Lung Transplant Coordinators Tel: 01 803 2986/4274/4747/5447/2984

Social Work Department, Mater Hospital

The social work services at the Mater Hospital aims to provide in-patients and their families with the support to cope with their medical condition.

For patients who are on the active transplant list or post-transplant, a limited out-patient service may also be available. The social worker can provide you or your family with information, emotional support to cope with the effects of a serious illness and suggest other services that may be useful.

Social workers can provide practical support for example, helping with social welfare applications, acting as a link to community services, and providing information and advice on services that may be useful to you or your family.

You can contact the social worker at the Mater Hospital through the medical staff on the ward. Mater Hospital, Medical Social Work Department

Tel: 01 803 2406/2267

If you attend another hospital, ask your doctor or nurse how to access a hospital-based social worker. Your GP can also refer you to a community social worker

St Vincent's University Hospital

4th Floor Herbert Wing St. Vincent's University Hospital Elm Park
Dublin 4

Tel: (01) 221 4208

Website: <https://www.stvincents.ie/>



Tallaght University Hospital

Tallaght University Hospital, Tallaght, Dublin 24, D24 NR0A

Tel: (01) 414 2000.

Pulmonary Fibrosis Office / Referrals Tel: (01) 414 4608

Email: tallaghtfibrosis@tuh.ie

Pulmonary Fibrosis Specialist Nurse Service: (086) 210 5695.

Website: <https://tuh.ie/>

University Hospital Limerick

St Nessian's Road, Dooradoyle, Limerick, V94 F858

Tel: 061 301 111

Respiratory Department Tel: 061 585 661

Email: maireada.obrien@hse.ie

Website: www.hse.ie

Your Healthcare Team

Some of the healthcare professionals that you may interact with during your visit to the hospital clinic or the ward include: medical and nursing staff, physiotherapists, social workers, psychiatrists, dieticians, occupational therapists, counsellors and pharmacists.

Roles of the healthcare professionals whom you may interact with;

- A physiotherapist will advise you about the best exercises to stay fit and strong, taking your oxygen needs and general health into account.
- A nurse specialist will give you health advice and support regarding all aspects of living with IPF.
- A social worker will give you help and advice on your personal needs and wellbeing and, tell you about grants and allowances that you may be entitled to.
- An occupational therapist will advise you on how to adapt your home and workplace to suit your needs.
- A pharmacist will advise you about your medication and make sure that it is suitable for you.
- A dietician will advise you about your diet and help you with suitable eating plans if you need to lose weight, put on weight or maintain your weight.
- A counsellor will advise you about the emotional aspects of living with a serious lung illness and help you to develop coping skills





Medical Entitlements

Please note that the allowances and limits set for medical entitlements are likely to change when the budget is announced each year. The figures reported here are correct at the time of printing but may change.



A Medical card entitles the holder to free; GP services, approved prescribed drugs and medicines (please note that some prescription charges apply), all in-patient public hospital services in a public ward, all out-patient public hospital services in a public ward, dental services, ophthalmic (eye) services, and aural (hearing) services.

All Individuals are subject to a means test when applying for a Medical Card. You should still apply as the majority of applicants are eligible to receive a Medical Card. The means test for income limits will be reviewed annually and may vary from year to year.

Individuals over the age of 70 years should receive a free GP visit card, regardless of their income.

There is a separate application form for those over 70 years of age. Apply using form MC1A.

If you need help or advice before you send in your application call the HSE Client Registration Office at **0818 22 44 78** OR **01 864 7100**.

An application form for a Medical Card can be obtained from;

(1) Your General Practitioner (GP), your local health authority office, or social worker.

(2) Download the form from the website: www.medicalcard.ie.

You can check your eligibility for a medical card and follow your application's progress on this website.

(3) Telephone the Health Service Executive (HSE) information line (open Monday to Friday, from 8am to 8pm, Sat 9am-5pm) to request an application form.

Tel: 0818 22 44 78 OR Intl.+353 1 240 8787

Send your completed forms to: National Medical Card Unit, PO Box 11745, Dublin 11



Tips!

- Do not delay your application for a Medical Card following your diagnosis of lung fibrosis. You should apply straight away; you do not have to be ill or on oxygen in order to apply. Ask your GP, hospital doctor and/or social worker for advice and help with your application form.
- If your application for a medical card is unsuccessful, you can and should appeal the decision. The HSE staff in the Appeals Office will reassess your application.
- Be prepared. You will need to have information about your Personal Public Service Number (PPSN) and those of your dependents, a recent payslip (if appropriate), details of your income and outgoings on tax, PRSI, rent and mortgage etc.
- If you have any questions before you send in your medical card application form, you can call the HSE on
- 1850 242 919 for more information.
- If you are given a medical card, you should keep it in a safe place and keep a record of your personal medical card number.
- It can take some time for a medical card application to be processed. Keep a record of the date you apply for the medical card.



A GP Visit Card entitles the holder to free GP visits. If you do not qualify for a full medical card, you may still be entitled to a GP Visit Card. The same application form is used for the Medical Card and GP Visit Card. An application form can be obtained from your GP, local health authority office, social worker or it can be downloaded from the website, <https://www2.hse.ie/services/schemes-allowances/gp-visit-cards/>

If you are over 70 years of age, return the completed form to the **National Medical Card Unit - Medical Card for over 70s, PO Box 12629, Dublin 11**

Alternatively, call the HSE information line on 0818 22 44 78. Open Monday to Friday, from 8am to 8pm, Saturday 9am-5pm to request an application form.

The GP visit card does not cover hospital charges.

Prescribed drugs are not free but may be covered by the Drugs Payment Scheme.



DRUG PAYMENT SCHEME

If you do not qualify for a medical card, and pay more than €80 a month (limit as of 2025), you may qualify for a Drugs Payment Scheme (DPS) card. This card provides coverage for approved prescribed drugs, medicines, and medical appliances.

Please note that the amount payable by patients under the Drugs Payment Scheme is subject to change depending on the amount specified by the government in the budget.

If you have a GP Visit Card you should apply for a Drugs Payment Scheme Card. The Drugs Payment Scheme Card is not means tested. An application form for the Drugs Payment Scheme can be obtained from your local pharmacy or local health authority (see section on Local Health Authority Offices) or from the website www.drugspayment.ie

You should send the completed form to your local health authority office. Once your application has been processed, you will receive a plastic swipe card with your personal Drugs Payment Scheme number. This card should be given to your pharmacist each time you get your prescription filled.

Over-the-counter medicines (non-prescription) and medical products are not covered by the Drugs Payment Scheme.

You should contact your Local Health Office if you lose your Drugs Payment Scheme Card.

Tips!

- Keep all your pharmacy receipts in order to claim tax relief using the Med 1 Health Expenses – Claim for Relief (see section on Tax Relief). You must make your tax relief claim within 4 years after the end of the tax year to which the claim relates.
- Ask your pharmacist for advice if you have any concerns about your prescription or your medicine.

Prescription charge

There is a charge of €1.50 for each item on your prescription that is dispensed to you under the Medical Card Scheme, up to a maximum of €15 per month, per person or family (as of 2025).

If you are over 70, this charge is €1 for each item and up to a maximum of €10 per month for each person or family.



EUROPEAN HEALTH INSURANCE CARD (EHIC)

The EHIC is free to everybody resident in Ireland. As an Irish resident you are entitled to healthcare through the public system in countries of the European Union (EU), European Economic Area (EEA), or Switzerland if you become ill or injured while on a temporary visit there. You should apply for the EHIC if you are intending to visit another EU, EEA country or Switzerland.

Contact your local health authority to request an EHIC. You can also apply on-line at, www.hse.ie

Tips!

- Plan your trip in advance.
- Speak with your respiratory nurse, doctor and oxygen company to find out if you are well enough to travel and what you need to do to make sure you have all the support you need when abroad.
- Take a full list of all your prescription medicines with you and carry your medicine in your carry-on in case your stowed luggage goes missing. Put your medicine in a clear plastic bag for security screening.
- Book a wheelchair service to and from the departure and arrival gates to conserve your energy.
- Inform your airline of any special mobility and oxygen requirements in advance of your journey.
- Take a list of emergency numbers with you including: family members, GP surgery, hospital, pharmacy and your oxygen supply company.
- Give a copy of your emergency numbers to your travel companion

NATIONAL COUNSELLING SERVICE (NCS)

You can get free counselling from the National Counselling Service (NCS) if you are aged over 18 and:

- Have a medical card or,
- Have experienced childhood abuse or neglect or,
- Are a former resident of a mother and baby home

It is designed to help with issues such as depression, anxiety, panic, phobias, relationship problems, bereavement, loss, stress, adverse childhood experiences, etc

If you have a medical card, talk to your GP or another health professional and ask for a referral to NCS / the Counselling in Primary Care service.





Mental Health Resources

Mental health support is available across Ireland through a range of free and confidential services. The following options can provide help, information, and emotional support for anyone in distress or seeking guidance.

If you or someone you know is in danger or needs immediate assistance: Call 999 or 112 for emergency services.

If your GP is unavailable, you can:

- Contact your local GP out-of-hours service.
- Visit your nearest hospital emergency department or local mental health unit for assessment and support.

Free text support:

A free, anonymous text service providing immediate support from trained volunteers. Available 24 hours a day, 7 days a week.

Text HELLO to 50808

Mental Health Information Line:

To find out what services and supports are available in your area.

Freephone: 1800 111 888

For more information you can visit www.yourmentalhealth.ie

National Support Organisations

1. Samaritans Ireland

Confidential emotional support for anyone feeling distressed, lonely, or suicidal (phone, email, or in-person).

Address: 4-5 Usher's Court, Usher's Quay, Dublin 8

Freephone: 116 123 (24 hours/7 days a week)

Email: jo@samaritans.ie

2. Aware

Support for depression, bipolar disorder, and mood issues via Support Line, Support Mail, and peer groups

Address: 9 Upper Leeson Street, Dublin 4, D04 KD80

Freephone: 1800 80 48 48 (10am-10pm daily)

3. ALONE

Support for older people who are lonely, isolated, or need help accessing services — offers befriending and practical support

Tel: 0818 222 024 (National Support Line)





Oxygen Therapy

Some patients may be prescribed oxygen, to correct low levels of oxygen in their blood, due to damage caused by lung fibrosis. Having the correct oxygen levels will help you improve breathlessness and tiredness, and improve your quality of life.

Some patients will need oxygen 24 hours, while others may only need oxygen for a few hours for example, when exercising or sleeping. Your oxygen requirements may change with time and you should tell your doctor, nurse or physiotherapist if you notice that you are more breathless than usual.

It is important to use your oxygen correctly as prescribed by your doctor.

Your oxygen prescription is just as important as your prescribed medicine. Don't try to survive on a lower amount of oxygen, always follow your doctor's orders.

When you are first prescribed oxygen, your doctor or nurse will contact the oxygen supply company to organise home oxygen for you. Home oxygen concentrators, portable concentrators, portable oxygen cylinders, back-up oxygen cylinders, oxygen conservers, masks, nasal cannulae, humidifiers, filters, and tubing are available from the oxygen companies.

The oxygen companies can also provide you with information booklets and advice when they set up the equipment in your home.

If you have any questions about oxygen therapy, please contact the Respiratory Nurse Specialist who works for your oxygen company or ask your doctor or physiotherapist for advice.



The 2 companies that supply medical oxygen in Ireland are:

Air Liquide Healthcare Ireland

Address: Stratus House Unit 1, IDA College Park, Blanchardstown Rd N
Blanchardstown, D15 PEC4

Tel: 1800 24 02 02 **Intl:** +353 (0)1 809 1800 (Monday-Friday 9:00am-5:00pm)

Website: <https://ie.healthcare.airliquide.com/>

Email contact site: <https://ie.healthcare.airliquide.com/contact-us>

Vivisol Ireland

Tel: 1800 350 300 (Phone line operates 24/7)

Website: <https://www.directmedical.ie>

Email contact site: info@directmedical.ie

Tips!

- Keep the telephone numbers of your oxygen supply company somewhere handy.
- If you have any problems with your oxygen, contact your oxygen supply company immediately.
- Your oxygen company can advise you if you have any technical questions about your oxygen equipment.
- Remember to order replacement oxygen cylinders before your stocks run low. This should be at least 3 days before a new cylinder is needed. Make sure that you have enough oxygen for weekends and bank holidays and when going on a long car journey.
- New and improved oxygen equipment is always being developed. Ask your oxygen supply company for information on the oxygen equipment that would suit your lifestyle best.

Safety advice for oxygen

- Never use your oxygen near a naked flame or other sources of heat. Oxygen can be dangerous when it is close to a source of heat or a spark from a fire, gas stove, candles or some electrical appliances. Oxygen is not explosive but it will accelerate a fire (make things burn faster).
- Do not let anybody smoke cigarettes or electronic cigarettes near you.

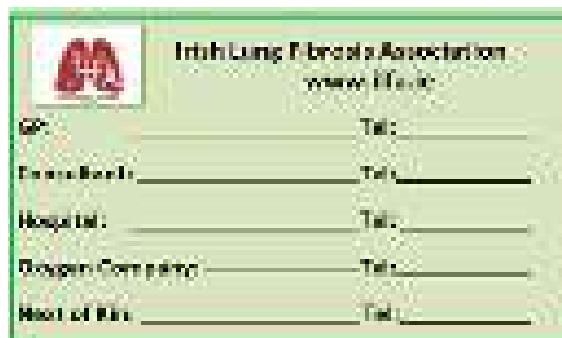
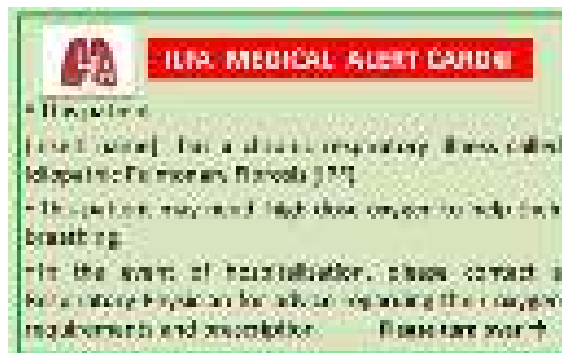


- Use your oxygen equipment in a well ventilated area.
- Make sure that your home is fitted with a working fire alarm and regularly check that the batteries are working. Get an all purpose fire-extinguisher for your home.
- Make sure your oxygen cylinders are secured safely in an upright position to prevent them from being knocked or falling over.
- Be careful not to trip or fall over oxygen tubing.
- Oxygen equipment may be heavy. Never try to lift your oxygen equipment if you have problems with your mobility or strength.
- Call your oxygen supplier if you have any concerns or questions about oxygen and your personal and home safety.

ILFA Medical Alert Card

The ILFA Medical Alert Card can be used by patients who are on medical oxygen. It can be carried in a purse or wallet and gives information about your oxygen needs. In case of an emergency, show this card to the paramedic or staff in the hospital emergency department.

Contact ILFA on 086 8715264 or email info@ilfa.ie to order a medical alert card.



Always bring other accessories and spare parts that you might need. For example, spare batteries, cannulas, and tubing.

Check how long your portable oxygen cylinder will last and know what to do in case of emergency.

Always take a spare oxygen cylinder in case of unexpected delays while travelling. This includes car journeys as unexpected travel delays can occur.

If available, use the wheelchair services to and from the departure/arrival gates to conserve your energy. Notify your airline of any special requirements.

Take a list of emergency telephone numbers with you including numbers for your family contacts, GP surgery, hospital, local pharmacy and oxygen supply company. Give a copy of your emergency numbers to your travel companion.

Travelling within Ireland

If you are travelling within Ireland, your home oxygen supplier will arrange delivery of oxygen equipment to most locations, once proper notice is given.

You should have the name and address of where you will be staying and the dates that you will be staying there ready to give to your oxygen supplier.

Contact your home oxygen supplier at least 4 weeks in advance of travel. There may be a fee involved for patients who do not have a medical card.

Tips for staying in hotels and B&BS

- You should contact your oxygen supplier well in advance. They will be able to provide you with information and advice for travelling.
- Make sure that you have enough portable oxygen for your outbound and return journeys and factor in time for any unexpected delays that may occur.
- Inform your hotel that you are on oxygen therapy and ask for a room that is large enough for your oxygen equipment and allows you enough space to walk around the area comfortably. Larger rooms that are suited for patients with extra healthcare needs are sometimes called “access rooms”. Most hotels offer “access rooms” but you should ask when booking.
- Ask your oxygen supplier to let you know when the oxygen will be delivered to your accommodation provider so that you can check it will be there upon your arrival.



- Ask for a hotel room that has plenty of electricity sockets to run your oxygen conservers.
- Ask for a room with a shower rather than a bath.
- Check that the air conditioning can be turned off and ask for the heating to be turned on if you feel cold.
- Always check with hotels, B&B and guesthouses that they are wheelchair friendly and have a lift to higher floors.
- Always make sure that you know where the nearest emergency exit is.

Travelling by car

- Apply for a Wheelchair permit (see section on Parking Permit for Disabled Drivers and Disabled Passengers)
- Tell your insurance company that your car or the driver's car will be carrying medical oxygen.
- Never allow anybody to smoke in the car while you are using oxygen (this is highly dangerous).
- Always make sure that your oxygen cylinders are secured safely in the boot of the car. Oxygen concentrators must be secured with a seat belt in the back seat of the car.
- Oxygen concentrators should always be securely placed in an upright position behind the passenger seat. They should never be placed lying down on the back seat or in the boot.
- If you need a taxi and have any mobility difficulties or need extra room for your oxygen equipment, always ask for an accessible taxi.
- Always make sure you have enough oxygen for your outward and return journey and factor in extra time in case of unexpected delays, traffic jams, diversions or car breakdown.

Travelling by bus, rail or ferry boat

- Always inform the transport company in advance that you are dependent on oxygen.
- Plan your journey in advance. Find out how long the journey normally takes. Always make sure that you have enough oxygen available for your outward and return journey and an extra supply in case of any unexpected delays.
- Sit in a seat that has enough room for you and your oxygen equipment. Reserve your seat in advance if this is possible. Sometimes the back seats in a bus/coach have more room than the front seats.
- Ask for assistance with boarding the bus, train or ferry if you are struggling with your luggage, wheelchair or oxygen equipment.
- Carry all your medication in your carry-on in case your checked luggage goes missing.



Travelling by cruise ship

If you plan to go on a cruise, you must check with your cruise company well in advance to enquire about their policy for having oxygen on board.

Air Travel

- Most airlines can supply oxygen on board the aircraft, but there is usually a fee involved. If you are planning to travel by aeroplane you should:
- Contact your travel company or airline to check the availability and cost of oxygen supplied by the airline. You must provide an oxygen prescription from your doctor.
- Order oxygen when you are booking your flight or no later than two weeks prior to departure. Check the restrictions on carrying oxygen on board the aircraft.
- Don't forget to order a wheelchair in advance when you are booking your flight if you need one while travelling through the airport.
- Ask for a seat near the toilet. Moving about the plane at altitude can make you more breathless than you would normally be.
- Altitude can affect your breathing and you may need more oxygen that you would use typically.



Payment of Oxygen

There is a rental fee to cover the costs of the oxygen concentrators and portable oxygen cylinders. A monthly invoice will be sent to your home address. Rental costs are covered if you have a medical card (see section on Medical Card). Once a medical card is obtained, you should contact the appliances section at your local health authority.

You may have to request that your oxygen supply company and doctor write to your local health authority informing them of your oxygen prescription.

Travelling with Oxygen

It is possible to travel and go on holiday whilst using medical oxygen; however, it is important to plan your trip in advance. Personal portable oxygen cylinders can be used when you travel on buses, coaches, and trains, but these cannot be used on an aeroplane. You must contact your airline directly to arrange oxygen when travelling by plane.

When travelling;

You should always seek medical advice before you travel. Tell your GP, respiratory nurse and Hospital Consultant about your travel plans at least 4-6 weeks before your trip. You must contact your airline directly.

Always bring the details of your oxygen prescription with you when travelling. You should also bring a list of your prescription medications with you. Carry all your medication in your carry-on in case your checked in luggage goes missing.





Electricity Supply

Priority Support Register

Home oxygen concentrators run off the normal electricity supply. You should notify your electricity supplier that you are dependent on home oxygen via an electrical concentrator.

You can register your personal details with your electricity supplier by completing a Priority Support Registration Form. This information is confidential and will enable the electricity supply company to identify customers who are dependent on electrically powered medical equipment and who are vulnerable if there is a power cut.

You may or may not be asked to provide written evidence to say that you are dependent on home oxygen. Contact your GP, Hospital Consultant or respiratory nurse if necessary.

In the case of loss of electricity power supply, the ESB Network will prioritise your local area for electrical power restoration. In the case of planned electrical interruptions, the ESB Network will contact priority support customers to inform them in advance of the date and likely duration of the disruption of the electricity supply.

To register as a Priority Support Customer you should contact:

- (1) **ESB Customers:** 1850 372 372
- (2) **Electric Ireland Customers:** 1850 372 372

You can also download the form from the website www.esb.ie and return it to: Electric Ireland (F4354), PO Box 10969, FREEPOST, Dublin 11

- (3) **SSE Airtricity Customers:** 1850 812 220
- (4) **Bord Gáis Customers:** 1850 632 632

Tips!

Always have your electricity supply account number ready when you contact the ESB, SSE Airtricity, or Bord Gáis. Your account number can be found on your electricity bill.



Electricity Allowance

Running an oxygen concentrator will increase the cost of your electricity bill. Some local health authorities offer a small rebate to help with the extra expense of running a home oxygen machine(s). Contact your local health authority to see if they have a reimbursement scheme.

If a reimbursement scheme is available, you should forward a copy of your electricity bill to the Accounts Department of your local health authority every time you receive your electricity bill.

You should keep a record of the dates of all correspondence with your local health authority.

Interruption to Electrical Supply

The potential impact of an electricity supply strike or a power cut for patients dependent on oxygen is considerable. Please read the information below in order to be ready in case there is a power cut to your home.

Patients with home oxygen concentrators should have always a backup cylinder supply. Check your Oxygen Patient Manual to find out the approximate length of time your backup oxygen supply should last. Patients who are on high flow oxygen will have a shorter backup oxygen supply time. If the oxygen supply in the backup cylinder is low or not sufficient, you must contact your oxygen company for help and advice.

In case of a long term power cut, it may be necessary for patients to move with their concentrator to an area/household with electrical power or go to a hospital that can support them with oxygen.

Be prepared in case of a power cut

- Be proactive and know what to do in advance.
- Make sure that you always have enough oxygen. Order your oxygen refills in plenty of time in advance. Do not leave this to the last minute.
- Make a list with the telephone numbers of your electricity supplier (and your electricity account number), oxygen supply company, doctor, and GP co-op for night time, out of hours and weekends.



- Have a torch with new batteries in your home ready in case of darkness. In the event of darkness, never use candles, a naked flame or a heat source of any type within 2 metres of an oxygen source.
- When there is a planned interruption to the electrical power, make sure that you have a supply of warm blankets in case you cannot operate your heating system, make sure your mobile phone and house phone are fully charged and prepare a flask of hot water before the electricity is turned off.

In the event of a power cut;

- Transfer to your oxygen back up cylinder.
- Call the ESB if you experience a power interruption. The sooner you contact the ESB, the sooner they can respond. **Customer Care Centre: 1850 372 999**

The STALL Breathing Technique Card

The STALL Breathing Technique Card contains a simple set of instructions for patients on how to regain control of their breathing following an episode of breathlessness.

The 5 steps include;

S- Stop what you are doing

T- Try to remain calm. Turn up your oxygen

A- Assume a comfortable position for example, leaning or sitting

L- Let your imagination take you to a safe place

L- Let your breathing return to normal

Once your breathing has returned to normal, reset your oxygen flow to normal. If your breathing does not return to normal, you should seek medical advice.

The STALL Breathing Technique Card can be carried in your wallet, purse or bag. You can order a STALL card from ILFA by emailing info@ilfa.ie or calling 086 871 5264.





Pulmonary Rehabilitation

Some hospitals and community centres, sports centres, gyms and hospices offer a structured exercise programme called 'Pulmonary Rehabilitation' for patients with lung diseases. The programme is usually run over a 6-8 week period and is delivered by physiotherapists, physical trainers, nurses and other healthcare professionals.

The exercises are developed to suit the individual patient. In addition, the programme teaches patients how to manage their breathing through education, exercise and relaxation technique.

Medical evidence shows that pulmonary rehabilitation classes are effective and can help improve exercise tolerance and quality of life for patients with lung fibrosis. Ask your GP, respiratory nurse or hospital consultant to refer you to the local Pulmonary Rehabilitation Program in your area. There may be a waiting list but you can improve your fitness while you are waiting for the programme to begin.

ILFA Exercise Classes

The Irish Lung Fibrosis Association (ILFA) offers free online exercise classes and exercise packs specifically designed for people living with lung fibrosis. These classes aim to help participants maintain both their physical fitness and mental well-being.

- **Led by a Respiratory Physiotherapist:** Each class is delivered by a qualified respiratory physiotherapist experienced in supporting people with lung conditions.
- **Weekly via Zoom:** Classes take place online every week, making it easy to take part from home.
- **Free for ILFA Members:** The sessions are free of charge for all lung fibrosis patients who are registered members of ILFA.
- **Exercise Packs Available:** ILFA also provides free exercise packs to help participants continue their routines safely and effectively at home.

For more information or to register, visit www.ilfa.ie or contact ILFA directly by email info@ilfa.ie





Mobility and Transport

5

Wheelchair Hire, Repairs and Modifications

The Irish Wheelchair Association Head Office and National Headquarters,
Áras Cúchulainn, Blackheath Drive, Clontarf, Dublin 3, D03 AW62.
Tel: 01 818 6400
Email: customercare@iwa.ie

Wheelchair rentals are available from most of the IWA resource and outreach centres. Wheelchairs can be rented for short and long term periods. A full list of these centres is available from the Irish Wheelchair Association (IWA).

Wheelchairs can also be serviced and repaired at the Irish Wheelchair Association (IWA) Headquarters.

Irish Wheelchair Association Dublin Centres

Head Office	Áras Chúchulainn. Blackheath Drive, Clontarf, Dublin 3. Tel: 01 818 6400
Dublin North D3	Carmel Fallon Respite Centre, Blackheath Drive, Clontarf, Dublin 3. Tel: 01 818 6458
IWA Balbriggan	IWA Clontarf, Blackheath Drive, Clontarf, Dublin 3 Tel: 01 818 6400
IWA Lucan	Broadmeadows. Newcastle Road, Lucan, Co. Dublin, K78 CT98 Tel: 01 630 2414



IRISH WHEELCHAIR ASSOCIATION REGIONAL CENTRES

Carlow	Teach Fáilte, Kilkenny Road, Carlow, R93 K3H4 Tel: 059 914 0983 Email: carlow@iwa.ie
Cavan	Unit 1, Block D, Corlurgan Business Park, Ballinagh Road, Cavan, H12W667 Tel: 049 437 1212 Email: cavan@iwa.ie
Clare	IWA, Abbeyfield Centre, Francis St. Ennis, Co. Clare, V95A6RN Tel: 065 6844150 Email: ennis@iwa.ie
Cork	Unit 2, Oak House Bessboro Road, Blackrock, Co Cork, X91 W2WH Tel: 021 435 0282 Email: cork@iwa.ie
Donegal	Part Time Location, IWA Glenview, Carnamogagh Upr, Letterkenny, Donegal Tel: 074 9177448 Email: drcmanor@iwa.ie
Galway	The Glebe, Dublin Road, Tuam, Co Galway, H54 TR77 Tel: 093 266 59 Email: tuam@iwa.ie
Kerry	Killarney Reeks Gateway, Unit 8, Ardnamweely, Killarney, Co Kerry, V93 YP6P Tel: 064 6639395 Email: killarney@iwa.ie
Kildare	Ballinagappa Road, Clane, Co Kildare, W91 YT99 Tel: 045 861 346 Email: clane@iwa.ie
Kilkenny	Claddagh Court, College Road, Kilkenny, R95 Y4DF Tel: 056 776 2775 Email: kilkenny@iwa.ie



Laois	Alvernia House, St Fintans Hospital, Dublin Rd, Portlaoise, Co. Laois, R32YSW6 Tel: 057 869 4030 Email: laois@iwa.ie
Leitrim	Castlecarragh Road, Attyfinlay, Carrick on Shannon, Co Leitrim, N41 KF88 Tel: 071 962 0569 Email: drckshannon@iwa.ie
Limerick	Unit F1, LEDP Business Park, Roxboro, Limerick, V94YH58 Tel: 061 317234 Email: limerick@iwa.ie
Longford	Kenagh Enterprise Centre, Kenagh, Co Longford, W39W732 Tel: 043 332 2992 Email: kenagh@iwa.ie
Louth	John Street Business Park, Ardee, Co Louth, A92A5FR Tel: 041 685 3046 Email: ardee@iwa.ie
Mayo	St. Anne's, Newport Road, Castlebar, Co. Mayo. F23 K683 Tel: 094 906 0937 Email: castlebar@iwa.ie
Meath	3-4 Liscarton Villas, Kells Road, Navan, Co Meath, C15HP99 Tel: 046 907 2539 Email: navan@iwa.ie
Offaly	Toberleheen / Ballinagar / Tullamore, Co. Offaly, R35NX09 Tel: 057 935 0065 Email: tullamore@iwa.ie
Roscommon	Unit 1 Corraun Park, Racecourse Road, Roscommon F42 KF98 Tel: 087 662 2366
Sligo	Abbeyville Centre, St Anne's, Sligo, F91 KH5X Tel: 071 915 5522 Email: sligo@iwa.ie



Tipperary	Brodeen, Cashel Road, Tipperary Town, Co Tipperary, E34VY09 Tel: 062 527 44 Email: tiptown@iwa.ie
Waterford	Unit 1A, Cleaboy Business Park, Old Kilmeaden Road, Waterford, X91DEC4 Tel: 058 246 45 Email: waterford@iwa.ie
Westmeath	Clonbrusk Resource Centre, Coosan Road, Athlone, Co Westmeath, N37 C1K2 Tel: 090 647 1118 Email: athlone@iwa.ie
Wexford	Lochrann House, Cinema Lane, Wexford, Co Wexford, Y35VW13 Tel: 053 912 4578 Email: wexford@iwa.ie
Wicklow	ABEC Centre, Kilbride Industrial Estate, Kilbride, Arklow, Co Wicklow, Y14 T44 Tel: 040 291 311 Email: drcarklow@iwa.ie

Check the Irish Wheelchair Association's website (www.iwa.ie) for the full contact details of their local centres.





Suppliers of Wheelchairs and Mobility Aids

The following list of companies may be worth contacting for quotations. This list is not inclusive. Local suppliers may also be able to assist you. Ask your Occupational Therapist for their recommendations.

Disclaimer: The ILFA does not have associations with, recommend, guarantee, or endorse individual suppliers listed in this Directory. Suppliers are listed in alphabetical order.

Connacht

Disability Aids Direct	Unit 9C N5 Business Park, Moneen Road, Castlebar Co. Mayo Tel: 094 902 4994 OR 087 7783633 Website: www.disabilityaidsdirect.ie
Homecare Medical Supplies	Terryland Retail Park, Headford Road, Galway, H91 RX5P Tel: 091 567 812 Email: galway@homecaremedical.ie
Homecare Medical Supplies	Old Westport Road, Castlebar F23 HW93 Tel: 094 904 4484 Email: castlebar@homecaremedical.ie Website: www.homecaremedicalsupsplies.ie
MMS Medical Ltd.	Unit 14, Block B, Claremorris Business Park, Claremorris, Co. Mayo F12 T3V5 Email: info@mmsmedical.ie Website: www.mmsmedical.ie

Leinster

Advance Electrical	4 Crumlin Village, Dublin 12. Tel: 01 455 3168 Email: info@aemobility.com Website: www.aemobility.com
---------------------------	--



Hills Hire Service Ltd.	Unit 1, Hills Centre, Dublin, A96 RD60 Tel: 01 285 3676 OR 285 3768 Email: contact@hillshire.ie Website: www.hillshire.ie
Invacare Ireland	Unit 3 Kilkenny Enterprise Centre, Purcellsinch Business Pk, Kilkenny Tel: 056 7712394 Email: info@momentumhc.ie
Irish Wheelchair Association	Head office Àras Chúchulainn. Blackheath Drive, Clontarf, Dublin 3. Tel: 01 818 6400 Website: www.iwa.ie
Lifestyle Mobility	Unit 1, Bay Road Business Park, Co. Laois. Tel: 057 864 4793 Email: sales@lifestylemobility.ie Website: lifestylemobility.ie
Medifix Services	Unit 5 Scurlockstown Business Pk, Trim, Meath Tel: 046 948 6868 Website: www.medifixservices.ie
MMS Medical Ltd.	Unit 14, Block B, Claremorris Business Park, Claremorris, Co. Mayo F12 T3V5 Email: info@mmsmedical.ie Website: www.mmsmedical.ie

Munster

MMS Medical Ltd.	51 Eastgate Drive, Little Island, Cork. Tel: 021 461 8000 Email: info@mmsmedical.ie Website: www.mmsmedical.ie
Tools for Living	Unit 23 Pennybridge Retail Estate, Ballymena, BT42 3HB Tel: 021 421 2199 Website: www.toolsforliving.co.uk



Tips!

- Attach your name and telephone number to your wheelchair, especially if you are attending a hospital. If your wheelchair is left unattended it might be taken by someone else accidentally.
- The Irish Wheelchair Association can service your wheelchair and help with finding spare parts if needed.

Parking Permit for a Disabled Driver or Disabled Passenger

Disabled Person's Parking Cards (also known as European Parking Cards, Parking Badge) are available to patients with reduced mobility and medical conditions. The parking permit can be displayed on your own car or on the car of the person driving you (for example a spouse, relative or friend). The parking permit entitles a disabled driver or a disabled passenger to free parking in designated disabled parking spaces or free parking in designated parking areas that normally require a pay and display ticket. The parking permit is issued for use with certain terms and conditions.

You must write to the Irish Wheelchair Association to request an application form. Your letter must contain details of your medical condition (Lung Fibrosis) and how this impacts on your mobility, give details about your age, and any mobility aids that you use. You will also need to send a stamped addressed envelope.

Send your letter requesting an application form to:

Parking Section, Irish Wheelchair Association, National Mobility Centre, Ballinagappa Road, Clane, Co. Kildare
Tel: 045 893 094 OR 045 893 095
Email: maats@iwa.ie

The completed application form must be signed by a member of the Gardaí and signed and stamped by a GP. A postal order or cheque for €35 (payable to the Irish Wheelchair Association) and a passport photograph of the applicant must be included with the application form.

If your application is unsuccessful, you can appeal the decision. The appeals process costs €35 and will be conducted by an independent medical health care professional. If the appeal is successful, you will be reimbursed €35.



The parking permit is valid for 2 years and then you must re-apply for a new permit. An out of date parking permit is not valid. Renew your parking permit at least 4 weeks in advance of its expiry date.

If you need a replacement parking permit because your original card is damaged, lost or stolen you must contact the Parking Section, Irish Wheelchair Association, National Mobility Centre, Ballinagappa Road, Clane, Co. Kildare. It costs €35 to get a replacement card issued and the replacement application form must be completed by a member of the Garda Síochána.

Mobility Allowance

The Mobility Allowance is a means tested monthly payment payable by the Health Service Executive (HSE) to people aged between 16 and 66 years who have a disability and are unable to walk or use public transport and who would benefit from a change in surroundings (e.g. by financing the occasional taxi journey).

This scheme was closed to new applicants in 2013 however, the allowance is still paid to those already receiving it. An alternative scheme is planned to replace the mobility allowance.

Vantastic

Vantastic is a non-profit organisation that operates in North County Dublin. Vantastic provides an accessible and affordable door-to-door motor transport service for older adults (65 years old or over) with mobility difficulties and people with disabilities, living in the catchment area.

You must register with Vantastic in order to avail of their transport services. A membership application must be filled in and this will be assessed to determine if an individual meets the membership criteria. Vantastic offers a free service along specified shopping routes and to some hospitals in the Dublin area for members from Monday to Friday between 8am-4pm only. Transport to other destinations involves a fee and the costs involved are available on the Vantastic website.

You must pre-book with Vantastic to arrange transport. Telephone 1800 242 703 or book online at <https://vantastic.ie/bookings/>

To register with Vantastic telephone **1800 242 703** or download an application form at www.vantastic.ie

Return your completed application form to their digital office:
Centre Swords, Balheary Rd, Swords, Co. Dublin, K67 E5A0

Email: info@vantastic.ie for more information



Car Adaptions

Help and advice on car adaptations is available from:

**Irish Wheelchair Association,
National Mobility Centre,
Ballinagappa Road
Clane
Kildare.**

Tel: 045 893 094

Website: www.iwa.ie

Email: maats@iwa.ie

Application for a Disabled Person's Parking Bay Outside Your Home

Your local council may consider a request for a disabled person's parking bay outside your home, if certain conditions are met. To obtain full written details of the requirements, contact the Traffic Department at your local county council.

The contact details for the Traffic Advisory Group at Dublin City Council are:

**Roads and Traffic Department
Civic Offices
Wood Quay
Dublin 8
D08 RF3F**

Tel: 01 222 2222

E-mail: customerservices@dublincity.ie

Tax Concessions for Disabled Drivers and Disabled Passengers

See section on Tax Relief to claim:

- Value Added Tax (VAT) in respect of a new car.
- Exemption for fuel refunds.
- Repayment of Vehicle Registration Tax.





Home Modifications



A home assessment by an occupational therapist is necessary to decide what changes are needed to your home to make activities of daily living easier to manage and thus improve your quality of life

“Activities of daily living” is a term used to describe the functional status of a person and how they cope with mobility, dressing, feeding, personal hygiene and grooming, and independent living.

Occupational Therapist

An occupational therapist will assess your ability to function independently and carry on with your everyday tasks in your home and working environments. Occupational therapists visit patients' homes and workplaces to assess their environment and help people change their living space to better suit their practical and medical needs.

Occupational therapists can also help patients select suitable equipment and appliances, including bathroom devices, stair-lifts and wheelchairs etc., to improve their independence. They will consider your immediate and longer term needs.

Engaging the services of an occupational therapist

A community occupational therapist (public health occupational therapist) can be arranged through your local health authority. Ask your GP for a referral. If there is a waiting list, it may take some time to arrange a home assessment by a community occupational therapist.

Alternatively, you can engage the services of an occupational therapist in private practice, at your own expense. The Directory of Occupational Therapists in Private Practice, has contact details of occupational therapist who can be engaged privately. This is available from the Association of Occupational Therapists in Ireland (AOTI) and is on their website.

Association of Occupational Therapists in Ireland
Office 201 18 Herbert Street Dublin 2 D02 FK19

Tel: 01-8748136

Website: www.aoti.ie

Email: info@aoti.ie



Tips!

- Ask your GP for a personal recommendation if engaging the service of an Occupational Therapist in private practice.
- Make several photocopies of your Occupational Therapist's report as this report will be needed to apply for the Disabled Persons Grant and must be provided to the contractors carrying out your home modifications.
- Shop around and get several quotes for the home modifications recommended by your Occupational Therapist.
- If your Occupational Therapist suggests work that is simply not practical or affordable for your circumstances, for example, extensive building works such as an house extension, tell them.

Housing Adaption Grant for People with a Disability

A Housing Adaptation Grant for people with a disability is available for home modifications that are recommended by an occupational therapist. Home modifications include stair-lift installation, bathroom modification, widening of home entrances/exits to enable wheelchair access, and providing ramps. Contact your local health authority for an application form (see section on Local Health Authority Offices). The maximum grant payable under the Disabled Persons Grant scheme is 95% of approved costs to a maximum grant of €30,000 Euro (2024 figures).

Before an application for the Disabled Persons Grant can be processed it is necessary to get a professional report from an occupational therapist (see section on Occupational Therapists). If you engage the services of a private occupational therapist, it is possible to claim back up some of the expense as part of the total grant. A completed application form, a report from your Occupational Therapist, and quotations from 2 different contractors with a copy of each contractor's Tax Clearance Certificate of C2 Card should be forwarded to the Disabled Persons Grant Section at your local health authority (see section on Local Health Authority Offices).

The income of all the members living in the household will be included in the means test for the Housing Grant. The maximum income threshold for the all members of the household is €60,000. Applicants must prove that they have paid the local Property Tax. Work on your home modifications should not be started until you have received approval for the Disabled Persons Grant, from your local health authority.

The local health authority will notify you of the amount of grant approved. Applications are assessed and priority is given to those with certain medical needs. Work must be started within 6 months of the grant approval date.



Mobility Aids Grant Scheme

Another grant called the Mobility Aids Grant Scheme provides financial assistance for minor work used to improve mobility difficulties in your home. The Mobility Aid Grant can be used for the cost of installing grab-rails, a level access shower, access ramps or a stair-lift. Although this grant is mostly for older adults, people with a disability can also apply.

You cannot apply for both the Mobility Aids Grant Scheme and the Housing Adaptation Grant for People with a Disability. However, if necessary you can withdraw your application for one scheme and submit a new application under the other scheme. The Mobility Aids Grant Scheme is a means-tested grant and individuals who apply must have a maximum household income of less than €40,000 (this limit was increased by €10,000 and applies from 2024). The maximum grant payable is €6,000 and the grant may cover 100% of the cost of the work (level as of 2025).

An application form for the Mobility Aids Grant Scheme should be obtained from your Local Authority. Your local authority may request an Occupational Therapist's assessment, following the receipt of your application form (please see section on Occupational Therapists). Your local authority can arrange for an Occupational Therapist assessment or you may engage the services of a private Occupational Therapist.

You can claim up to €200 of the Occupational Therapist's fee as part of the total grant, up to the maximum you are entitled to (unchanged – still the same level as originally set). The work must start within 6 months of your Mobility Aids Grant approval date (still current for 2025).



Suppliers of Bathroom Equipment and Accessories

The following list of companies may be worth contacting for quotations. This list is not inclusive. Local contractors may be able to assist you. Ask your Occupational Therapist for their recommendations.

Disclaimer: The ILFA does not have associations with, recommend, guarantee, or endorse individual suppliers listed in this Directory. Suppliers are listed in alphabetical order.

Connacht

Homecare Medical Supplies

Knock Road, Torraree, Ballyhaunis, Co. Mayo.
Tel: 094 963 3808
Email: news@homecaremedicalsupplies.ie
Website: www.homecaremedicalsupplies.ie

Homecare Medical Supplies

Terryland Retail Park, Headford Road, Galway, H91 RX5P
Tel: 091 567 812
Email: galway@homecaremedical.ie

Homecare Medical Supplies

Old Westport Road, Castlebar F23 HW93
Tel: 094 904 4484
Email: castlebar@homecaremedical.ie
Website: www.homecaremedicalsupplies.ie

MMS Medical Ltd.

Units 20, Royal Rock Ballybane Road, Galway
Email: info@mmsmedical.ie
Website: www.mmsmedical.ie

Leinster

Alpha Engineering Heat Providers

Unit 8, Willsborough Business Centre, Clonsaugh, D17 K193.
Tel: 01 533 4276 **OR** 01 533 4276
Email: info@alphacare.ie

Beechfield Healthcare

Clonminam Business Park, Portlaoise, Co. Laois, Ireland R32 FP59
Email: info@beechfieldshealthcare.ie
Website: www.beechfieldhealthcare.ie



Classic Bathrooms	Longmile Centre, Longmile Road, Walkinstown, Dublin 12. Tel: 01 450 5411 Email: classicbathrooms@eircom.net
Healthcare 21	Suite 1250, 26 Upr Pembroke St, D02 X361 Tel: 01 649 9023 Email: enquiries@hc21.ie Website: www.healthcare21.ie
Homecare Medical Supplies	Tooraree, Knock Road, Ballyhaunis, Co. Mayo, F35 KW83 Tel: 094 9633 800 OR Lo-call: 0818 911 555 Website: www.homecaremedicalsupplies.ie
Irish Stairways Ltd	Unit 56, Clane Business Park, Clane, Kildare Tel: 045 892 696 OR 01 616 7079 Email: showroom@irishstairlifts.ie Website: www.irishstairlifts.ie
J.S Dobbs & Co Ltd	Unit 84-85, Baldoyle Industrial Estate, D13. Tel: 01 839 1071 Email: sales@jsdobbs.ie Website: www.jsdobbs.ie
Lifestyle Mobility	Unit 1, Bay Road B Pk, Mountmellick, Laois. Tel: 057 8644793 Email: sales@lifestylemobility.ie Website: www.lifestylemobility.ie
MMS Medical Ltd	Unit 81, Western Parkway Business Pk, Lower Ballymount Rd, D12. Tel: 01 450 0582 Website: www.mmsmedical.ie
Modern Plant Ltd	Unit G8, Calmount B.Pk, Ballymount, D12NH0 Tel: 01 461 4300 Email: sales@modernplant.ie Website: www.modernplant.ie
Murrays Medical Equipment Ltd	Leo Murray Chemist. 20-21 Talbot Street, Dublin 1 Tel: 01 855 5733 Email: eOrders@murrays.ie
Patron SVS Ltd	81 Baldoyle Industrial Estate, Dublin 13 Tel: 01 839 1299 Email: info@patron.ie Website: www.patron.ie



Simple Bathrooms	Cromwellsfort Road, Walkinstown, Dublin 12. Tel: 01 450 8728 OR Mobile: 087 2566641 Website: www.simplybathrooms.com
Tools for Living	Unit 50 Airways Industrial Est, Santry, D9. Tel: 01 885 5551 Email: info@tools-for-living.co.uk Website: www.tools-for-living.co.uk

Munster

Enable Supplies	Unit 3a, Kilnagleary Industrial Park, Carrigaline, Cork, P43 KV8 Tel: 021 437 2607 Email: info@enablesupplies.com
Medical Express	Park West Enterprise Centre, Unit 47, Lavery Ave, D12 Tel: 061 416 671 Email: support@assistireland.ie
Mobility Genie	Unit 11, 4 Park Business Centre, Farranfore, Kerry, V93 YX7F Tel: 066 712 0088 Email: customerservice@mobilitygenie.ie
Modern Plant Ltd	Tramore Road, Cork. Tel: (021) 496 8755 Website: www.modernplant.ie
MMS Medical Ltd	51 Eastgate Drive, Little Island, Cork. Tel: 021 461 8000 Email: info@mmsmedical.ie Website: www.mmsmedical.ie
Mobility Ireland	Mill Building, Donnybrook Commercial Centre, Donnybrook, Douglas, Cork Tel: 021 489 9142 Email: sales@mobilityireland.ie
Nursing Needs Ltd	13 Gladstone Street, Waterford. Tel: (051) 874 622 Email: info@nursingneeds.ie Website: www.nursingneeds.ie

**Original Bathrooms
& Tiles**

South City, Link Road, Ballintemple, Cork,
T12 W257
Tel: 021 431 0000
Email: info@obcork.ie

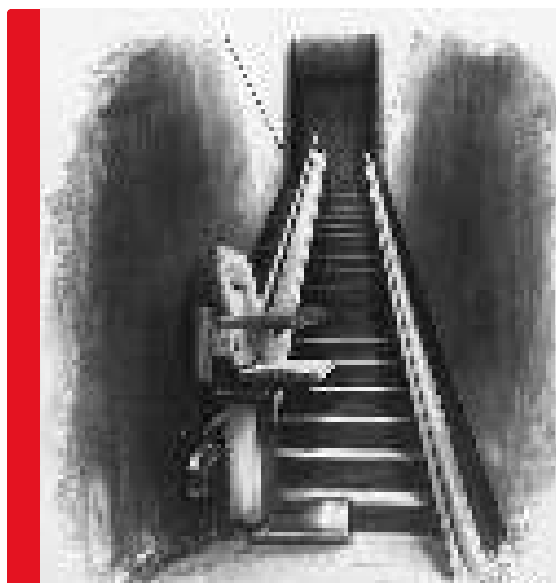
**Personal Lifting
Systems**

Unit 22a, Orion Business Campus, NW
Business Pk, Ballycoolin, D15 E8EP
Tel: 087 238 1048
Email: sales@personalliftingsystems.com



Stairlifts

Some patients may develop shortness of breath while using the stairs. A grant is available to assist with the installation of a stair-lift (see section on Disabled Persons Grant / Housing Adaptation Grant for People with a Disability – current scheme name used by Local Authorities). Most stair-lifts include: a seat-belt, adjustable seat height, swivel chair, a remote control, and powered foot rest.



You will need to submit quotations from 2 separate contractors with a copy of each contractor's Tax Clearance Certificate of C2 Card. All quotations submitted must be in accordance with the specifications outlined in your Occupational Therapist's report. Send the quotations and a completed application form to the Disabled Persons Grant Section at your local health authority (see section on Local Health Authority Offices)..

As of 2025, the maximum grant available towards stair-lift installation falls under the overall Housing Adaptation Grant for People with a Disability. The national maximum available for extensive works is €50,000 (or up to 100% of the cost depending on means testing).

Some Local Authorities apply internal limits or standard cost caps specifically for stair-lifts (straight versus curved units may differ locally). You should confirm the current applicable cap with your Local Authority before obtaining quotations. VAT is charged but is redeemable (see section on Tax Relief).

Tip!

- It is worth getting a number of quotations for stair-lift installation, as prices may vary



Suppliers of Stairlifts

The following list of companies may be worth contacting for quotations. This list is not inclusive. Local contractors may be able to assist you. Ask your Occupational Therapist for their recommendations.

Disclaimer: The ILFA does not have associations with, recommend, guarantee, or endorse individual suppliers listed in this Directory. Suppliers are listed in alphabetical order.

Connacht

Homecare Medical Supplies	Tooraree, Knock Road, Ballyhaunis, Co. Mayo, F35 KW83 Tel: 091 567 812 Email: info@homecaremedicalsupplies.ie
MMS Medical Ltd.	Units 20, Royal Rock Ballybane, Galway Tel: 091 768868 OR 1890 290 39 Email: info@mmsmedical.ie Website: www.mmsmedical.ie

Leinster

Aaran Lifts	Head Office, 34 Cherry Hill Road, Kells, Meath Tel: 046 924 7074 Email: info@aaranelifts.com
Accel Lifts & Mobility	Unit B 22 KCR Estate, Ravensdale Park, Kimmage, D12 Tel: 01 490 4555 Email: info@accel.ie
Access & Mobility Solutions	83 St. Patrick's Crescent, Monkstown, Dublin Tel: 01 230 3829 OR 087 263 5614



Advance Electrical Mobility	4 Crumlin Village, Dublin 12. Tel: 01 455 3168 Email: info@aemobility.com Website: www.aemobility.com
Fannin Medicare	South County Business Pk, Leopardstown, D18 Tel: 01 290 7000 OR 693 7000 Website: www.fannin.eu
J.S Dobbs & Co Ltd	Unit 84-85, Baldoyle Industrial Estate, D13. Tel: 01 839 1071 Email: sales@jsdobbs.ie Website: www.jsdobbs.ie
Patron SVS Ltd	81 Baldoyle Industrial Estate, Dublin 13 Tel: 01 839 1299 Email: info@patron.ie Website: www.patron.ie
Stannah Stairlifts	Unit 11, Ballymount Court Business Centre, Lower Ballymount Rd. D12. Tel: 01 450 7971 Website: www.stannah.ie

Munster

Enable Supplies	7 Kilnagleary Business Park, Crosshaven Road, Carrigaline, Cork Tel: 021 437 2607 or 021 437 5153 Email: info@enablesupplies.com
Medical Express	4 Parnell Street, Cork. Tel: 061 416 671 Email: medicalexpress@eircom.net
Medical Mobility	Ballaugh, Killarney, Co. Kerry Tel: 086 230 8788 Email: medicalmobility@eircom.net



MMS Medical Ltd.	51 Eastgate Drive, Little Island, Cork. Tel: 021 461 8000 Email: info@mmsmedical.ie Website: www.mmsmedical.ie
Mobility Ireland	5 Donnybrook Commercial Centre, Donnybrook, Douglas, Cork Tel: 021 489 9142 Email: margo@ahcservices.ie
South East Medical Supplies Ltd	Waterford Business Park, Cork Road, Waterford. Tel: 051 845 420 Email: info@medicalsupplies.ie





Community Services

Physiotherapy Services

Public access physiotherapy services may be accessed through your local health authority. Your GP can make a referral to the physiotherapy department for you.

Your physiotherapist will assess your exercise capacity and movement abilities and make recommendations to help you maintain and restore maximum movement and functional ability. Specific exercises may be recommended to improve your physical fitness. Physiotherapy aids and appliances (e.g. walking frames, rollators, bed supports), exercise aids (e.g. exercise bicycles, pedal exercisers) and breathing aids (spirometers) may be prescribed to assist your mobility and breathing function.

Don't forget, if you need an exercise pack you can request one from ILFA just send an email to info@ilfa.ie or call 086 8715264

Public Health Nurse

Public Health Nurse visits to your home can be organised through your local health authority (see section on Local Health Authority Offices).

Ask your GP for a referral.

Home Help

Home help assistance can be organised through your local health authority (see section on Local Health Authority Offices).

An initial assessment of your home will be carried out to determine what activities you may need help with. Some of the cleaning duties which may be carried out by a home care worker include general cleaning, ironing, making beds, vacuuming. Some home care workers also assist patients with washing, dressing, and food preparation. Some duties may not be included for insurance purposes.

Suitable day(s), time(s), duties, and a start date will be decided by you and your home care worker once you get approval for home help services. You may be asked to make a small weekly contribution to the home care services.





Financial Assistance

Local social welfare offices have lots of free information, leaflets and booklets with details of services, entitlements, and qualifying conditions.

Information leaflets are also available from:

Department of Social and Family Affairs, Oisín House, 212-213 Pearse Street, Dublin 2.

Lo-call Leaflet Request Line: 1890 20 23 25

For advice on any area of social welfare contact:

Social Welfare Services Office, College Road, Sligo.

Lo-call: 1890 66 22 44

Tel: (071) 919 3302

Website: www.welfare.ie

Disability Allowance

Disability Allowance is a means tested payment for people (aged between 16-66 years) with a disability e.g. a disease or physical disability that has continued or may be expected to continue for at least one year. As a result of this medical condition you must be restricted in undertaking work that would otherwise be suitable for a person of your age, experience, and qualifications.

The allowance is financially means tested and subject to medical suitability. Contact your local social welfare office for further advice and an application form.

For more information and an application form see www.gov.ie

Apply to: Disability Allowance Section, Department of Social Protection, Social Welfare Services Office, Government Buildings, Ballinalee Road, County Longford.

Tel: 0818 927 770 (standard national charge number) **OR** (043) 334 0000

carer's Allowance

Carer's Allowance is a means tested payment to people who are looking after someone who is in need of support because of age, physical or learning disability or illness.

Carer's Allowance is mainly aimed at carers on low incomes who live with and look after people who need full-time care. There are certain requirements that must be met in order to qualify for Carer's Allowance.



Contact your local social welfare office for further advice and an application form. Application forms are available online at: www.gov.ie

Apply to: Carer's Allowance Section. Department of Social Protection, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford.

Tel: 0818 927 770 OR (043) 334 0000

For more information and an application form see www.gov.ie

Carer's Benefit

Carer's Benefit is a payment made to insured persons who leave the workforce to care for a person(s) in need of full-time care and attention. There are certain requirements that must be met in order to qualify for Carer's Benefit. Contact your local social welfare office for further advice and an application form. Application forms are also available online at: www.gov.ie

Apply to: Carer's Benefit Section, Department of Social Protection, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford.

Tel: 0818 927 770 OR (043) 334 0000

carer's support Grant

This is an annual payment for full-time carers who look after certain people in need of full-time care and attention. The payment is not means tested but is subject to certain conditions.

This grant is now called the Carer's Support Grant (previously known as the Respite Care Grant). It is paid automatically to anyone getting Carer's Allowance, Carer's Benefit, or Domiciliary Care Allowance payments, and may also be claimed by other full-time carers who are not receiving these payments.

Apply to: Carer's Support Grant Section, Department of Social Protection, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford.

Tel: 0818 927 770 OR (043) 334 0000

Website: www.gov.ie



Special Needs Supplementary Welfare Allowance

If your income from your social welfare or Health Service Executive payment is too low to meet certain special needs (e.g. exceptional heating requirements due to ill-health, special dietary requirements due to a medical condition), a weekly supplement may be available. You must provide medical evidence of your condition before your application can be processed.

Contact the Community Welfare Officer (CWO) at your local Department of Social Protection (DSP) Intreo Centre, or contact: Supplementary Welfare Allowance Section, Department of Social Protection, Social Welfare Services Office, College Road, Sligo.
Tel: 0818 607 080
Website: www.gov.ie

Exceptional Needs Payment

An exceptional needs payment may be approved by the Department of Social Protection (DSP). Under this scheme, a once-off single payment may be made to help meet essential, once-off, exceptional expenditure which a person could not reasonably be expected to meet out of their weekly income. People eligible to apply for an Exceptional Needs Payment would normally be in receipt of a social welfare payment.

To apply, contact the Community Welfare Officer (CWO) at your local Department of Social Protection Intreo Centre. If your application for an Exceptional Needs Payment is refused, you can appeal the decision.

Contact your local Department of Social Protection office for more details and an application form.

Money Advice and Budgeting Service (MABS)

The Money Advice and Budgeting Service (MABS) is a free, confidential, independent, and non-judgmental service for people in debt, or in danger of getting into debt, in Ireland. MABS is funded and supported by the Citizens Information Board.

The MABS helpline is open Monday to Friday, 9am to 8pm. MABS has offices nationwide.

Telephone: 0818 07 2000

Website: www.mabs.ie

Email: helpline@mabs.ie





Tax Relief

Tax Relief for Health Expenses

You may claim tax relief from the Revenue Commissioners for certain medical expenses once you have receipts to support your claim. You have a 4-year period in which to submit your claim. You must keep all receipts for 6 years in case they are requested for inspection by Revenue.

Claims for health expenses are now made online through Revenue's myAccount service. The old MED 1 form is no longer in use. You can submit your claim by completing the Health Expenses section of your income tax return on myAccount or ROS (Revenue Online Service).

For more information, visit www.revenue.ie.

Tax Concession for Disabled Drivers and Passengers

To claim exemption from VAT (Value Added Tax) in respect of a new car contact: Revenue Commissioners, Disabled Drivers and Passengers Section, Central Repayments Office, Coolshannagh, Co. Monaghan.

Tel: (047) 62100 OR 0818 606 061

To claim exemption for Fuel Refunds contact:

Revenue Commissioners, Disabled Drivers and Passengers Section, Central Repayments Office, Coolshannagh, Co. Monaghan.

Tel: (047) 62100 OR 0818 606 061

Website: www.revenue.ie

VAT Claims for Disabled Aids or Appliances Installation

An application form (VAT61A – Claim for Refund of VAT) is available from your contractor or can be downloaded from the Revenue website at www.revenue.ie.

Complete the application form and return it with copies of your invoices to:

VAT (Unregistered) Repayments Section, Revenue Commissioners, Kilrush Road, Ennis, Co. Clare.

Tel: (065) 684 9000

Repayment of VRT

To claim repayment of VRT (Vehicle Registration Tax) contact: Revenue Commissioners, Disabled Drivers and Passengers Section, Central Repayments Office, Coolshannagh, Co. Monaghan.

Tel: (047) 62100 OR 0818 606 061

Website: www.revenue.ie





National Organisations

Family Carers Ireland

This charity formed when 'The Carers Association' and 'Caring for Carers' merged in 2016. Family Carers Ireland is a national voluntary organisation for family carers that provides a range of supports and services including training, home care services, information on entitlements, free legal advice, counselling and personal advocacy services. Family Carers Ireland maintains a nationwide network of carer groups and runs a confidential freephone helpline, which offers advice and support to family carers.

Tel: 1800 240 724

Website: www.familycarers.ie

Email: info@familycarers.ie

The National Disability Authority

The National Disability Authority (NDA) is an independent statutory agency that promotes and helps secure the rights of people with disabilities.

Address: 25 Clyde Road, Ballsbridge, Dublin 4.

Tel: 01 608 0400

Website: www.nda.ie

Email: nda@nda.ie

Citizens Information

The Citizens Information Board (CIB) is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services.

Address: Citizens Information Board, Ground Floor, George's Quay House, 43 Townsend Street, Dublin 2.

Tel: 0818 07 4000 (Monday to Friday, open from 9am to 8pm).

Website: www.citizensinformation.ie

Society of St. Vincent de Paul

The Society of St. Vincent de Paul (SVP) is a national voluntary charitable organisation that provides assistance to individuals and families with a variety of needs. Volunteers from St. Vincent de Paul visit people in their homes to offer emergency financial assistance, practical support, and advice when requested.

Tel: 01 884 8200

Website: www.svp.ie



Irish Heart and Lung Transplant Association

The Irish Heart and Lung Transplant Association (IHLTA)

Address: 27 Church Avenue, Drumcondra, Dublin 9, Ireland.

Tel: 087 412 8612

Website: www.ihlta.com

Email: secretary@ihlta.com

Friends of the Elderly

Friends of the Elderly is a national charity that aims to bring friendship and companionship to older adults who live alone and may be lonely or isolated. Volunteers visit older adults who are referred to the charity by social workers, GPs, family members, or concerned neighbours.

Student volunteers also keep in touch with elderly friends through a weekly “friendly call” service.

Address: 25 Bolton Street, Dublin 1.

Tel: (01) 873 1855

Website: www.friendsoftheelderly.ie

Email: info@friendsoftheelderly.ie

Age Action

Age Action is a national charity that promotes positive ageing for older adults and their carers. Age Action provides information and advice on pensions, financial entitlements, safety and security, health concerns (for example accessing home help or occupational therapists), and social activities.

Age Action’s “Care and Repair” service offers free minor home repairs for older adults, carried out by trained volunteers. They also run advocacy, digital inclusion, and home support initiatives aimed at improving quality of life for older people.

Age Action and Google have previously partnered on the “Get Your Folks Online” campaign, which helps younger people teach their parents and older adults how to use and get the most from the internet. Information on digital skills training is now part of Age Action’s Digital Literacy Programme.

Contact Age Action for more information:

Address: 30/31 Lower Camden Street, Dublin 2, D02 EC96

Tel: 01 475 6989

Website: www.ageaction.ie

Email: info@ageaction



Organ Donor Cards

Organ donation cards are available from your local pharmacy, medical centre, or by contacting;

Address: Donor House, Block 43A, Park West, Dublin, D12 P5V6

Tel: 01 620 5306

Website: www.ika.ie

Email: info@ika.ie

Useful Websites

Irish Lung Fibrosis Association	www.ilfa.ie
Irish Lung Health Alliance	www.lunghealth.ie
European Lung Foundation	www.europeanlung.org
European Respiratory Society	www.ers.org
European Pulmonary Fibrosis Federation	www.eu-pff.org
Irish Thoracic Society	www.irishthoracicsociety.com
Asthma and Lung UK	www.asthmaandlung.org.uk
Pulmonary Fibrosis Foundation	www.pulmonaryfibrosis.org
Assist Ireland	www.assistireland.ie
Citizens Information Board	www.citizensinformation.ie
Department of Social Protection	www.welfare.ie
Health Service Executive	www.hse.ie
Revenue	www.revenue.ie



The Irish Lung Fibrosis Association
Registered Address: Lavery House, Earlsfort Terrace, Dublin 2
Registered Charity Number 20053437
Company Registration Number 367940
Charitable Exemption Number CHY 15462

© Irish Lung Fibrosis Association [2025].
This document may be shared for non-commercial, educational purposes with appropriate acknowledgement of the Irish Lung Fibrosis Association. Certain content has been adapted from The Irish Thoracic Society and is credited accordingly.