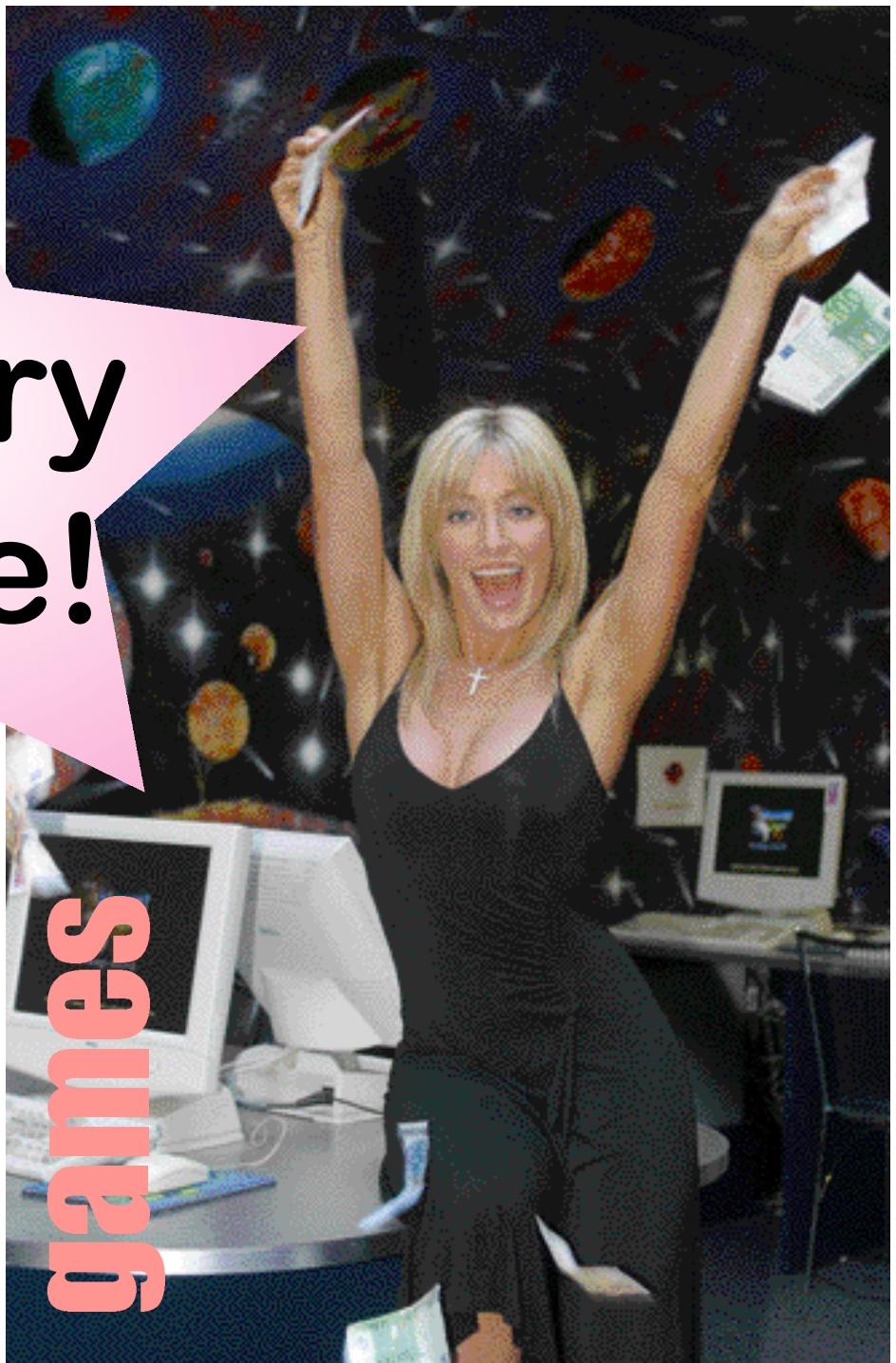


A lottery more!

Rehab Lotteries has announced the addition of exciting new games to www.rehablotteries.com, Ireland's first online lottery games website. Visitors to the site, which was developed and launched by Rehab Lotteries in August 2003, can now play entertaining and fast paced instant video lottery games with great payouts. The first game in this new category is Fruit Bar, which is not only fun to play and easy to win, but has a top prize of €1,000. Four more exciting games in the video lottery category are planned for the near future.

Rehab Lotteries has also included a range of games on the site which can be played for fun, without spending any money. These now include Free Charity Bingo, which enables visitors to the site to play bingo games for free, while at the same time being able to chat with other players using Rehab's unique Free Charity Bingo chat line. Other new games which visitors to the site can play at no cost include Quick Klick, Solitaire and Mah Jongg.

Widely viewed as the country's first serious attempt to use the internet to generate income for a good cause, rehablotteries.com has been designed to help fund Rehab's countrywide home-based and residential



Model Una Gibney at the launch of rehablotteries.com

respite care programmes for people with disabilities. The merchant services for the site are provided by Barclays Bank, ensuring high levels of security on all credit card payments, while the technology used has been provided by US-owned Lottery Network Services Ltd, a company specialising in the development of lottery games software.

"Our business model is to provide our supporters with an entertaining and engaging website. Visitors can play for free or cash prizes. Our cash games return 95% of income in prizes and offer jackpots of up to

€10,000. Given these figures, it's no wonder that our percentage of repeat players is above 70 per cent after just six months in business," said John McGuire, managing director of Rehab Lotteries.

Dr McGuire added that low operating costs made the high prize payout levels possible and, provide lottery players with compelling reasons to play online games as opposed to the traditional land-based lottery games which return only around 50% of income in prizes.

You can visit Rehab Lotteries' online lottery site at www.rehablotteries.com

On the right track

A pioneering residential service for people with Prader Willi Syndrome is making a life-changing impact on the lives of a group of young adults with the rare genetic disorder.

Affecting one in 20,000 people, Prader Willi Syndrome is an uncommon chromosomal disorder for which there is no cure. Some time between the age of one and four, children with Prader Willi Syndrome develop an increased interest in food, which may become an insatiable obsession.

Unless their diet is carefully controlled weight gain can be very rapid, leading to obesity and serious life-threatening medical conditions.

A new RehabCare programme is at last giving people with Prader Willi Syndrome the specialised service they need to live life as independently as possible

In order to control their condition, people with Prader Willi Syndrome, require lifelong care, ideally in a specialised setting.

Established in early 2003 with Eastern Regional Health Authority funding, the service provides a home away from home for three residents, Damien, Peter and Severine at Graifin House in the leafy Dublin suburb of Leopardstown. There's a friendly atmosphere in the house, and all the residents get on well together, having known each other for years before the service began.

According to Grainne McCarrick, unit manager at Graifin House, family involvement has been crucial to the success of the service. Staff work in partnership with each resident's family and offer practical support and advice as needed. Family members can visit the house whenever they like and the residents often go home for a visit during the course of the week.

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Peter and Damien share a joke as they relax at home in Graifin House.

SERVICE

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“Prior to the establishment of RehabCare’s service, there was very little support for the families of people with this rare disorder,” says Grainne. “Having a child or sibling with Prader Willi Syndrome can be very stressful. They feel hungry all the time and it can be very difficult to monitor and manage their intake of food in a home setting.

“Unfortunately, the group homes and respite services available to other people with learning disabilities are just not suitable for people with Prader Willi Syndrome given the necessary restrictions that need to be put in place concerning access to food.”

People with Prader Willi Syndrome need routine and at Graifin residents are involved in making daily and weekly plans, which can include attending a local social club or excursions to the cinema, pubs and other amenities in the area. The residents are involved in day community services during the week and return to Graifin in the afternoon. Each person also pays rent and everybody’s weekly plan includes helping out with household chores such as tidying their own bedroom and doing the laundry.

A constant feeling of hunger, coupled with a low metabolic rate and a small stature, means that people with Prader Willi Syndrome become overweight very easily. Over time this can lead to very serious health problems, such as diabetes and heart disease. Exercise therefore forms an important element of every resident’s daily activity schedule and the house boasts a treadmill and exercise bike, located right in front of the television.

“Watching television

The emphasis on exercise and diet at Graifin House has had a positive impact on the residents, who with the constant encouragement and support of staff, now enjoy a more active and healthy lifestyle.

Severine proudly shows off flowers Peter gave her.





makes the exercise bike a lot more fun and a lot less painful,” says Peter, who enjoys watching his favourite soaps while exercising. In addition to programmed activities, exercise is also incorporated into everyone’s everyday routines, such as walking to the shops or to the bus stop.

A dietician calls in to Graifin every week to chat to the residents and help them as they plan their menu for the coming week.

“It’s very important that the residents are involved in planning their own healthy menu,” says Grainne. “By giving the residents a choice,

you give them control over what they eat. For instance, if a special event is coming up they can plan their weekly menu around that, so they don’t need to miss out on celebrations.”

The residents are not only involved in planning their menus, they also help with the grocery shopping, and with the preparation of their own dinner each evening. According to Grainne, the emphasis on exercise and diet at Graifin House has had a positive impact on the residents, who with the constant encouragement and support of staff, now enjoy a more active and healthy lifestyle.

People with Prader Willi Syndrome often have a mild or moderate learning disability and can exhibit challenging behaviour. In addition, they tend to have a high pain threshold which means they can easily hurt themselves without even knowing it. A high staff ratio at the centre is therefore needed to ensure that the residents receive the specialised care and support they require.

In addition to the unit manager and team leader, there are currently six care assistants employed, with a minimum of two care assistants on duty at any one time, including overnight. Prior to the service being opened, all of the staff received specialised training from UK experts on the care of people with Prader Willi Syndrome. Strong links with both the Prader Willi Association in Ireland and Britain ensures that staff at Graifin are also kept informed of the latest developments in the area.

Although the service is just a year old, and only moved to Graifin House last December, the residents have quickly settled into their new home and seem very happy there. “I enjoy it here,” says Damien, “I am much more independent now, and I can choose my own menu. I really feel like this is my home and it’s great because my family and friends can pop in to visit.”

Severine is equally enthusiastic about her new home. She is particularly proud of her bedroom, which she had decorated in purple, her favourite colour. “I really love my bedroom. There’s loads of space, I’m able to have my computer and all my stuff in it.”

Peter agrees with his housemates. “It’s lovely here, everything is brand new. I really like having my own room. My family ring me most days for a chat – but I do so much, that there’s still loads to talk about when I go home at the weekend.”