

Quaid, Helena

Dementia Carers Campaign Network



Helena is from Cork, she is a mother of three, stepmother of three and grandmother of seven. She is also Chairperson of the Dementia Carers Campaign Network.

Helena is married to Kevin, who was diagnosed with Young-Onset Lewy Body Dementia when he was 53, having been diagnosed with Parkinson's Disease two years earlier. Following Kevin's diagnoses, Helena and Kevin have both worked tirelessly to raise awareness and reduce the stigma of dementia,

Helena speaks frankly about the reality of caring, the tough decisions, the challenge of self-care including the need to be mindful of her own needs and the importance of preserving her own identity and not to be defined by her caring role.

Helena is a Complementary Therapist and Reiki Master, who has always taken a holistic approach to care while using therapies such as Acupuncture, Naturopathy and Reflexology.