



The CF Advocates support people with Cystic Fibrosis and their families in whatever way they can. Whether you need advice on your rights and entitlements, are looking for practical information about living with CF, or just need a chat, they are there to help.

Who are the CF Advocates?

Tomás Thompson and Caroline Heffernan are the CF Advocates of Cystic Fibrosis Ireland (CFI); they are both Persons with Cystic Fibrosis (PWCF). Tomás and Caroline have been working for CFI since early 2008 and they both work remotely from home on a job share basis, 5 days a week.

What is the Role of the CF Advocates?

Tomás and Caroline help and support CF families by providing advice and information on:

- Rights and Entitlements for PWCF and families
- Education and job requirements for PWCF
- Securing appropriate living accommodation
- Practical advice on growing up with CF to PWCF and parents
- Identifying the needs of PWCF and their families and advising CFI on such issues
- Devising fact sheets for different issues relating to CF
- Dealing with queries/complaints PWCF and families have with services locally

The CF Advocates communicate with other PWCF via telephone, email, the CF forum, Facebook or teleconference, and Advocates communicate with the staff in the National Office in Dublin on a daily basis on behalf of PWCF.

The CF Advocates are there to support PWCF and families in whatever way they can. If you are having difficulty, no matter how big or small, you can contact them by tel/email. Alternatively you can contact Alica May at CF House by calling 01 4962433 or email amay@cfireland.ie. Alica is available to discuss any issue affecting families dealing with CF.

Contact Information

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