

# Transition to Adulthood in County Clare

**A guide for young people  
who have disabilities  
and their families**





# Introduction

This information booklet is a joint initiative of Clare Children's Services and adult service providers in Co. Clare to help young people and their families find out about supports and services that may help them when they leave school and enter adulthood.

Many families worry as their children get older because they do not know what services may be available to them as adults. This booklet aims to address this concern by providing clear and useful information about what adult services are available for young people in County Clare. In addition, we encourage teenagers and their families to begin thinking about and preparing for becoming an adult as early as possible. Our booklet, *Becoming an Adult*, may give you some ideas on steps you can take starting now, to get ready for adulthood. This can be found at: [www.mwcds.ie/clare-events/](http://www.mwcds.ie/clare-events/)

We hope the information in this booklet is useful to young people and their families, and that it provides a starting point for considering how a young person may be best supported as he or she approaches adulthood. Information is provided in this booklet about a range of adult services including education and training, residential and housing support, and other family or individual support. Not all of it will be of interest to you, but we encourage you to browse through the whole booklet because you may find out about services you didn't know about before. We encourage you to attend our annual event, *Adult Services Night*, to find out more about these services, and to meet and talk with them. In addition, if you wish to know more about a particular service we encourage you to contact the services directly through the contact details provided or by logging onto their websites.

*Please note that the information contained in this booklet is as accurate as possible at the time of going to print. Contact individual services for clarification.*

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## WHO ARE WE?

### CITIZENS INFORMATION CENTRES (CICs)

## WHO DO WE SUPPORT?

Citizens Information Service provides information and advice on your rights and entitlements to a broad range of public and social services for you and your family. Our face-to-face service is completely free, confidential and independent, and is available at any of our centres throughout the county; you can drop in any time. The Citizens Information Board has a particular remit to help people with disabilities to identify and access their entitlements.

## HOW DO WE SUPPORT?

When necessary, staff can help you access your entitlements by contacting government departments or other agencies. They also help people who are appealing against decisions and can advocate on their behalf. They can give you information on payments and allowances. The Citizens Information website gives detailed up-to-date information on public services including all benefits and entitlements. The Citizens Information Phone Service provides a comprehensive and confidential information service to people throughout the country, mainly over the phone but also through other channels such as email. CICs also operates a Live Advisor instant chat service between the hours of 9 and 5 pm (Monday to Friday) and is targeted specifically toward people with hearing and speech difficulties and to others who have difficulty communicating by telephone.

## For More Information

Website: [www.citizensinformation.ie](http://www.citizensinformation.ie)

Citizens information Phone Service: 0761 074000 Monday to Friday  
9.00am—8.00 pm

We operate 4 centres in County Clare:

**Ennis Centre**, Bindon Lane, Bank Place

Phone: 0761 07 5260. Email [ennis@citinfo.ie](mailto:ennis@citinfo.ie)

Monday to Friday 9.30 am—1.00 pm and 2.00 pm—5.00 pm.

**Kilrush Centre**, Francis Street

Phone: 0761 07 5310

Monday to Thursday from 9.30 am—1pm and 2.00 pm—4.30

**Shannon Centre Business Centre**, Shannon Town Centre

Phone: 0761 075370.

Monday to Friday 9.30—1.00 pm and 2.00 pm to 5.30 pm.



## WHO ARE WE?

**OCCUPATIONAL GUIDANCE SERVICE  
DISABILITY SERVICES, HEALTH SERVICE EXECUTIVE**

## WHO DO WE SUPPORT?

People with a disability who are 16 years and over.

## HOW DO WE SUPPORT?

The role of the Occupational Guidance Service includes providing information, advice, support and direction to people with a disability who wish to access Rehabilitative Training, Sheltered Services, other HSE-funded Adult Day Services, and some alternatives. The services offered include:

- Providing information
- Advice and support
- Identification of needs
- Sourcing HSE funding
- Referral and ongoing monitoring of placement, i.e. Rehabilitative training
- Links to other services

## FOR MORE INFORMATION:

Occupational Guidance Advisers Mid-West:

Contact: James Galvin

Phone: (061) 461455 / (065) 6863772 / 086 2806863

Email: [james.galvin@hse.ie](mailto:james.galvin@hse.ie)

Contact: Triona Ryan

Phone: (061) 461263 / (065) 6863772 / 087 9076324

Email: [triona.ryan@hse.ie](mailto:triona.ryan@hse.ie)

We are looking forward to your contact.



## WHO ARE WE?

### NATIONAL ADVOCACY SERVICE (NAS) FOR PEOPLE WITH DISABILITIES

## WHO DO WE SUPPORT?

NAS is an independent, confidential and free advocacy service for people with disabilities.

## HOW DO WE SUPPORT?

The NAS supports people to:

- Receive assistance with specific issues.
- Access their rights and entitlements.
- Have their voice heard when decisions are being made about their life.
- Express their views and wishes in relation to quality of life issues.

“Advocacy bridges the gap between having rights and having rights respected.”

NAS supports people to be included in decisions, especially when they find it hard to tell others what they want.

## FOR MORE INFORMATION:

National Advocacy Service National Phone Number: 0761 07 3000

Contact: Helen Collins, Clare Advocate

Phone: 086 6010830

Email: [helen.collins@advocacy.ie](mailto:helen.collins@advocacy.ie)





## **WHO ARE WE?**

### **EPILEPSY IRELAND**

## **WHO DO WE SUPPORT?**

Epilepsy Ireland supports the needs of people with epilepsy, their families and carers. We also support health care professionals, teachers and employers.

## **HOW DO WE SUPPORT?**

On diagnosis a person is given an Epilepsy Toolkit in conjunction with individual support sessions to enable them live well with epilepsy. A 12 module self-management programme (delivered 2 modules at a time) is available in small groups of people with epilepsy over a 6 week period. A Parents programme is also available similar to the self-management programme delivered 2 modules at a session over 4 weeks. Awareness presentations are made to schools, health centres, employers and other groups as requested. On-line support groups are available weekly. A helpline is available every Monday morning and is answered by an Epilepsy Specialist Nurse based in Beaumont Hospital. Publications are available on all aspects of epilepsy including driving regulations, pregnancy etc. Training in the administration of emergency medication is available to health care professionals, teachers, SNAs, and others.

## **FOR MORE INFORMATION:**

Website: [www.epilepsy.ie](http://www.epilepsy.ie)

Contact: Anna Kelly, Community Resource Officer, Mid West

Address: Social Services Centre, Henry Street, Limerick

Phone: (061) 313773

Email: [akelly@epilepsy.ie](mailto:akelly@epilepsy.ie)



## WHO ARE WE?

### ENABLE IRELAND ADULT SERVICES

## WHO DO WE SUPPORT?

- People over 18 years and under 65 years who have a primary physical disability.
- People with a primary physical or a sensory disability who reside in the Clare area.
- People with disabilities who are referred for day activity programmes and therapy services.

## HOW DO WE SUPPORT?

We provide day service activity programmes, both community and centre-based, which include activities such as arts and crafts, health and wellbeing, music, cookery and independent living skills, horticulture, computers, and accessing other services within the local and wider community. We support service users to attend local college or other education services. We work through a person-centred approach with people who use the service having access to a key worker and developing a person-centred plan based on their needs and wishes. We provide physiotherapy services, music therapy, and support to access the hydrotherapy service in Limerick. We provide transport to our service users to and from the centre daily as well as access to activities in the community.

## FOR MORE INFORMATION:

Website: [www.enableireland.ie](http://www.enableireland.ie)

Contact: Barbara Curley

Address: Unit 2, Clonroad Business Park, Clonroad, Ennis

Phone: (065) 6843047

Email: [bcurley@enableireland.ie](mailto:bcurley@enableireland.ie)



## **WHO ARE WE?**

### **FAMILY CARERS IRELAND, CLARE BRANCH**

## **WHO DO WE SUPPORT?**

We support Family Carers and those for whom they care.

## **HOW DO WE SUPPORT?**

We provide information, counselling, a 24 hour Helpline, pendant alarms, respite, training, referral, and advocacy to family carers through our six Carers Groups around the county and the professionally-led Carers Clinic at our office in Ennis.

We support families applying for Carers Allowance, Respite Care Grants, and any appeals.

We also provide support to families to help them deal with grief and loss. The service is open 9.00am-5.00pm Monday to Friday. An appointment is advisable to ensure the necessary staff member is available.

## **FOR MORE INFORMATION:**

Contact: Vicky Ward/Sean Donal O'Shea

Address: Family Carers Ireland, 3 Carmody Street, Business Park, Ennis, Co. Clare

Phone: (065) 6866515

Email: [vward@familycarers.ie](mailto:vward@familycarers.ie) or [soshea@familycarers.ie](mailto:soshea@familycarers.ie)



## WHO ARE WE?

### ACQUIRED BRAIN INJURY IRELAND

## WHO DO WE SUPPORT?

Acquired Brain Injury Ireland (ABI Ireland formerly The Peter Bradley Foundation) provides a wide range of flexible and tailor-made services for people living with an acquired brain injury.

An Acquired Brain Injury (ABI) is any sudden damage to the brain received during a person's lifetime and not as a result of birth trauma. The term ABI includes both traumatic and non-traumatic brain injuries such as those caused by road traffic accidents, strokes, falls, assaults, aneurysms, viral infections, brain haemorrhages, concussions, and tumours. At present, ABI Ireland works with adults (18-65 years) whose main presenting issue is Acquired Brain Injury.

## HOW DO WE SUPPORT?

ABI Ireland recognises that every person is unique and so every brain injury is different. An individual Rehabilitation Plan (IRP) is developed by a multidisciplinary team and delivered through a number of ABI Ireland Services and supports (services vary depending on location).

These include neuro-rehabilitation teams, case management, residential neuro-rehabilitation services, transitional neuro-rehabilitation, day resources, family support services, psychology services, awareness, information and education, carers training.

## FOR MORE INFORMATION:

Website: [www.abiireland.ie](http://www.abiireland.ie)

Contact: National Services Area 2, 29 Cahereens West, Castleisland, Co. Kerry

Phone: (066) 7142993

Email: [area2k@abiireland.ie](mailto:area2k@abiireland.ie)



## WHO ARE WE?

### HOME SHARE CLARE

## WHO DO WE SUPPORT?

Children and adults who have intellectual disability who are living in Co. Clare.

## HOW DO WE SUPPORT?

Home Share Clare is an innovative family based service developed by the Brothers of Charity in County Clare offering respite/holiday breaks to children and adults with an intellectual disability. The uniqueness of the service is that it provided by families in their own home. Individuals will enjoy the opportunity of developing new relationships whilst enjoying a short/respite holiday break. Home sharers get the opportunity to learn more about disability while caring and sharing their home. It also offers an opportunity for children, young people and adults to make new friends and for some to visit new place. It is hoped that families who can offer to Home Share can do this for overnight stays, weekend breaks or for a week's holiday.

## FOR MORE INFORMATION:

Website: [www.brothersofcharityclare.ie](http://www.brothersofcharityclare.ie)

Contact: Patricia O'Meara

Address: Banner House, Tobartaoscain, Ennis, Co Clare

Phone: 087 6680081



## **WHO ARE WE?**

### **REHAB CARE: SHANNON RESOURCE CENTRE**

## **WHO DO WE SUPPORT?**

Adults with intellectual disabilities and/or mental health needs.

## **HOW DO WE SUPPORT?**

The Shannon Resource Centre provides services users support in the areas of independent living, health and wellbeing, social and leisure, education and training, personal development and employment support.

Service users are encouraged to participate in a balanced range of activities reflecting all aspects of their lives. This varies from person to person according to their individual plan.

## **FOR MORE INFORMATION:**

Website: [www.rehab.ie/care](http://www.rehab.ie/care)

Address: RehabCare Shannon, 8/10 Caiseal Daire, Bru Na Sionna, Shannon, Co. Clare

Phone: (061) 719500

Email: [orla.oconnor@rehabcare.ie](mailto:orla.oconnor@rehabcare.ie)

## **WHO ARE WE?**

### **THE IRISH WHEELCHAIR ASSOCIATION**

## **WHO DO WE SUPPORT?**

The Irish Wheelchair Association is open to all people with limited mobility (whether a wheelchair user or not) or with an interest in the association. Membership is free of charge. The IWA is a national organisation dedicated to the achievement of full social, economic and educational integration of people with disability as equal, independent and participative members of the community.

## **HOW DO WE SUPPORT?**

We provide resource and outreach centres, assisted living services, transport, motoring (including motoring advice, assessment and tuition), Disabled Parking Permits, housing support services, independent living accommodation and training for independent living, wheelchair services (including sales, repair, and rental), youth services, opportunities to participate in recreational or competitive sport, holiday services, information, publications (including our lifestyle magazine Spokeout), advocacy, and educational and personal development programmes.

We also operate a charity shop at Abbeyfield Centre, Francis St, Ennis, Co Clare.

## **FOR MORE INFORMATION:**

Website: [www.iwa.ie](http://www.iwa.ie)

Contact: Catherine Earley, Service Coordinator ROS

Phone: (065) 6844150

Email: [ennis@iwa.ie](mailto:ennis@iwa.ie)

Address: IWA office, Abbeyfield centre, Francis St. Ennis, Co. Clare



There are tens of thousands of courses on offer throughout Ireland. With the exception of 'Hobby' courses, most courses lead to some form of qualification from an accredited authority. In Ireland, most qualifications fit into what is known as the **The National Framework of Qualifications (NFQ)**. This framework divides all qualifications into ten levels. It can be useful to think of it as a ladder system; entry at the bottom is at Level 1 and Level 10 is at the top.

The range of Levels include different types of qualifications from Basic Education (**Level 1-3**) Certificates and Diplomas (**Levels 4-7**) Undergraduate Degrees (**Levels 7-8**) and Postgraduate Qualifications (**Levels 9-10**).

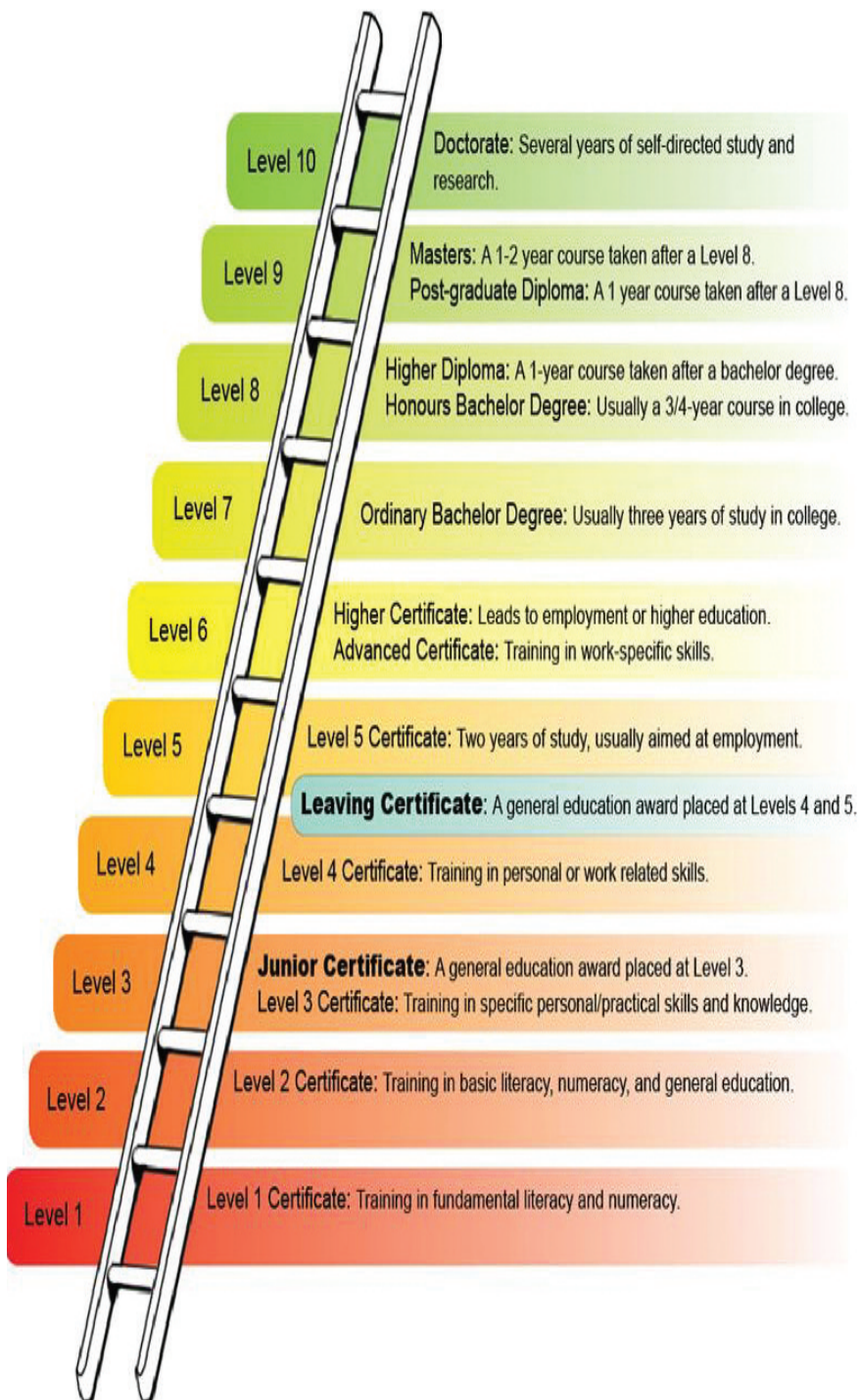
Completion of each level usually means you can progress to the next, so the framework helps you to build up your education and training, thus improving your employment prospects.

It is important to speak to the course provider to gain further details of what the course entails. For example, 2 courses may be Level 3 but focus on different educational and social skill levels.

Each educational setting can be contacted directly through the organisation access officer. For some young people contact with the school career guidance, Intreo office (065) 6867800, HSE Occupational Guidance officer (061) 461263, will help the learner identify a starting point (NQF Level) on the ladder and make recommendations about funding (where appropriate).

For learners who desire to take control of their own supports and services LEAP ([www.leapireland.com](http://www.leapireland.com)) provides information and support on how to do this.





## WHO ARE WE?

### HEADWAY LIMERICK CENTRE

## WHO DO WE SUPPORT?

Headway is a centre that provides vocational training to people who have been affected by Acquired Brain Injuries (ABI) in the Limerick, Clare and North Tipperary Region.

An Acquired Brain Injury is any injury to a person's brain that happens during their lifetime. The injury can be caused by a stroke, a brain haemorrhage, an infection, a tumour, lack of oxygen, or a fall or other accident.

## HOW DO WE SUPPORT?

- **Rehabilitative training** is provided where we work with clients on their social, personal and vocational skills so that they can live as independently as possible. The programme modules help clients to gain insight into the effects of their particular injury and develop ways to deal with them.
- **Vocational training** is for people who want to achieve certification and pursue options available to them such as work, community schemes and initiatives or further education. Classes are **Level 3** or **Level 4** QQI certifiable. Classes on the Vocational programme include Brain Injury Management, Health and Fitness, Work Experience and Art.

## FOR MORE INFORMATION:

Website: [www.headway.ie](http://www.headway.ie)

Address: Jutland Hall, Steamboat Quay, Dock Road, Limerick

Phone: (061) 469306

Email: [creavenp@headway.ie](mailto:creavenp@headway.ie)



## WHO ARE WE?

### THE DULICK CENTRE

## WHO DO WE SUPPORT?

We support people over the age of 18, with disabilities including Physical/Sensory, Intellectual Disability and Mental Health. Referrals to our service are made through HSE Occupational Guidance. We have centres in Ennis and Kilrush.

## HOW DO WE SUPPORT?

We support people through both training and occupational programmes.

**Rehabilitation Training:** This is provided for up to 4 years, including skills training in I.T.; Catering; Horticulture; Ceramics; Mixed Media; Environmental Art, as well as Personal Development; Personal Care; Independent Living Skills etc. Progress is monitored twice a year through meetings with the Service User, Family/Advocate, Key Worker, Occupational Guidance Advisor, and Manager. Up to level **Level 3**.

**New Directions Day Services:** Person Centred Plans are agreed with service users; key worker and others who support service user. This programme which has a flexible schedule is activity-based with an emphasis on social interaction within persons own community. It may be provided at our Centres at Gort Road Ennis or Orchard Centre, Kilrush.

## FOR MORE INFORMATION:

Contact: Denise Wynne Manager

Phone: (065) 6863728

Email: [denise.wynne@hse.ie](mailto:denise.wynne@hse.ie)



## WHO ARE WE?

### NATIONAL LEARNING NETWORK

is one of Ireland's leading training, education and employment placement organisations. 5000+ students annually attend our courses in training centres in every county in Ireland. We are contracted by The Limerick and Clare Education and Training Board to provide specialist vocational training programmes for people with a disability.

## WHO DO WE SUPPORT?

We support young people and adults over 16 who have a range of abilities. Students include people with a disability, an illness or those who have extra support needs to help them achieve their goal of gaining employment or further education. Students may be offered a weeks trial to determine whether they may benefit from the programme.

## HOW DO WE SUPPORT?

Our full time vocational training programmes based in Ennis include:

Introductory Skills Training is QQI **Level 3** accredited which can lead to a major award in Employability Skills. This programme offers a variety of modules including IT, Personal Development, Health & Safety, Career Preparation. This programme is suited to individuals interested in gaining further qualifications and sampling various work experiences to help them to identify further education or employment. There is a strong focus on strengthening confidence, team work and social skills. This programme has a maximum duration of 18 months.

Pathways to Employment is QQI **Level 4** accredited which can lead to a major award in General Learning. This can be a follow on programme from the QQI **Level 3** or you may access it directly. This programme offers a variety of modules including IT, Customer Service, Digital Media, Workplace Safety, ECDL. There is also a strong focus on personal development and work experience. This programme prepares students for further education or employment and has a maximum duration of 24 months.

Employer Based Training is a job seeking course which allows students to train in a business or company of their own choice anywhere in Clare while still enjoying all the supports that exist in a fixed training centre. We will support you and the host company which you are in training with. There is a combination of on the job training and in house training which could lead to a QQI major award at **Level 4**.

This course has a maximum duration of 2 years.

All programmes provide a range of supports to eligible students including psychological support staff, resource teacher and work related social skills staff.

All courses are **FREE**. You keep your social welfare entitlements. We may be able to help towards the cost of travel. No CAO points are required.

### FOR MORE INFORMATION:

Please contact us for further details or come visit us for a chat and to view our centre.

Clare FM Building, Francis St, Ennis, Co Clare

[www.nln.ie](http://www.nln.ie) or find us on Facebook

Email [clare@nln.ie](mailto:clare@nln.ie)

## WHO ARE WE?

**THE STREET WISE PROGRAMME** is funded by the HSE and is built on the R.T funding model.

## WHO DO WE SUPPORT?

This programme is aimed toward school leavers interested in developing their presence in the community and discovering and exploring opportunities in adult education and with suitable awards.

We work with the person to develop personal, social, work/role skills. A key learning objective for each person is developing independence and understanding to ensure progression in life through accessing fulfilling experiences. The duration of the programme is usually four years.

The person and family have a continuous input into their outcomes through the programme and their learning objectives are tailored to suit their needs. Each person is afforded the opportunity to maximise their own potential through various learning paths both formal and informal. Streetwise provide programmes from level 1-4.

## FOR MORE INFORMATION:

Website: [www.brothersofcharityclare.ie](http://www.brothersofcharityclare.ie)

Contact: Kevin Delaney

Phone number : (065) 6843798

Email: [kevindelaney@clare.brothersofcharity.ie](mailto:kevindelaney@clare.brothersofcharity.ie)

Level 1	Level 2	Level 3	Level 4
Computer Skills	Computer Skills	Habitats	Computer Applications
Data Handling	Data Handling	Self Advocacy	Information Technology Skills
Listening and Speaking	Listening and Speaking	Drama	Workplace Safety
Reading	Reading	Computer Literacy	Personal and Interpersonal Development
Writing	Writing	Nutrition and Health Options	Personal Effectiveness
Quantity and Number	Quantity and Number	Personal Effectiveness	Work Experience
Personal Care	Personal Care	Work Experience	General Office Skills
Setting Learning Goal	Setting Learning Goals	Woodwork	Team working
Food Choice and Health	Food Choice and Health	Communications	Cultural Skills
Health Related Exercise	Health Related Exercise	Office Procedures	Problem Solving
Personal Safety	Personal Safety	Internet Skills	
Personal Decision Making	Personal Decision Making	Visual Arts Practice	
Design	Design	Functional Mathematics	
Non Verbal Communication	Non verbal communication	Communications	
Using Technology	Using Technology		
Drama	Drama		
Craft	Craft		
Relaxation Techniques	Life Science		

## WHO ARE WE?

### LIMERICK AND CLARE EDUCATION AND TRAINING BOARD (LCETB)

## WHO DO WE SUPPORT?

Adults (with or without disability) who wish to return to learning.

## HOW DO WE SUPPORT?

### Clare Adult Basic Education Service

offers a broad range of support to adults who would like to improve their reading, writing, spelling, numeracy, or English language skills at QQI **Level 1** **Level 2** **Level 3**.

We also provide training in Driver Theory and IT. There are programmes in family learning and workplace basic education. We provide group classes and one-to-one support. Classes are free of charge and available countywide.

Contact: Loretta Hughes (065) 6897616, Karl Quinn (065) 6897611

**Community Education Service** offers active and quality learning programmes in local communities. Courses are non-certified and include IT, local history, woodcraft, music, cookery, gardening, men's sheds, arts and crafts and many more.

Contact: Breda O'Driscoll (065) 6843732

**Back to Education Initiative (BTEI)** provides part-time further education programmes for adults at QQI **Level 3** **Level 4** **Level 5**. Programmes include general learning, leaving certificate, maths, healthcare, sport and recreation, IT, employability skills.

Contact: Michael Ryan (065) 6897644



**Vocational Training Opportunities Scheme (VTOS)** is a full-time general education and work related training programme for adults. Courses are certified at QQI **Level 3** **Level 4** **Level 5** **Level 6** and include Art, Craft and Design, Business Studies, Community Care, Food Production and General Studies. Applicants must be at least 21 years old for VTOS.

Contact: Helen O'Sullivan (065) 6897615

**Youthreach** programme provides a full-time educational programme for Early School Leavers, aged 16 to 20 years. It offers participants the opportunity to identify and pursue viable options within adult life, and provides certification at QQI **Level 3** **Level 4** .

Contact: Eddie Keane (065) 6897620

**Adult Education Guidance Service** provides information and advice on education and training options available locally and nationally, qualifications and certification, careers and jobs, CAO and other college applications, and funding and support services.

Contact: Information Officer (065) 6897617

#### **FOR MORE INFORMATION:**

Website: [www.lcetb.ie](http://www.lcetb.ie)

Address: Further Education and Training Centre, Clonroad Business Park, Ennis, Co. Clare

Phone: (065) 6824819



## **WHO ARE WE?**

### **DARE**

## **WHO DO WE SUPPORT?**

Dare stands for (The Disability Access Route to Education) in third level it is a different way of entering third level education for people with disabilities who have just left school. Dare is for people whose disabilities effect their second level education. DARE offers lower points places to school leavers who as a result of having a disability, have experienced additional educational challenges in secondary school.

## **HOW DO WE SUPPORT?**

DARE is for school leavers with a disability that are under the age of 23, who have been educationally impacted as a result of that disability. You can apply to Dare with an Irish Leaving Certificate, A Levels and other EU qualifications. Mature Students and students applying on the basis of Further Education and Training results have different ways of entering Dare.

## **FOR MORE INFORMATION:**

Further information on Dare can be found on college websites and on <http://accesscollege.ie/dare>.



## WHO ARE WE?

### ULEAD

## WHO DO WE SUPPORT?

ULEAD is a University of Limerick development, and is an acronym for "you Learn Engage Aspire Develop." The key objective is to give students an opportunity to develop practical and functional skills which will enable them to participate fully in their third level educational experience. While ULEAD can support students with a variety of requirements it is our experience that it is particularly beneficial to students on the Autistic spectrum, students with ADD/ADHD or students experiencing issues with mental health.

## HOW DO WE SUPPORT?

Each student is provided with a tailored set of supports to suit their requirements, including a mentor and on-going sessions with an Occupational Therapist. The programme is resourced through Mary Immaculate College (MIC).

The programme's focus on individual student needs pervades all aspects of its operation. Meetings with the OT are guided by the student with the aim of developing organizational and social skills, goal setting and achievement abilities, and nurturing the student's personal development. Each student is assigned a mentor from the University's Counseling Service, who can act as a contact person or advisor, providing advice on academic work, cultivating social skills, and help with getting around or just meeting for a coffee.

## FOR MORE INFORMATION:

Website: [www2.ul.ie/web/WWW/Services/Student\\_Affairs/Student\\_Specialised\\_Supports/Disability\\_Support\\_Services/ULEAD](http://www2.ul.ie/web/WWW/Services/Student_Affairs/Student_Specialised_Supports/Disability_Support_Services/ULEAD)

Contact: Caoilinn Kennedy

Phone: (061) 234847

Email: [caoilinn.kennedy@ul.ie](mailto:caoilinn.kennedy@ul.ie)

## WHO ARE WE?

### DISABILITY OFFICES FOR THIRD LEVEL INSTITUTIONS IN THE REGION

## WHO DO WE SUPPORT?

Disability Offices provide support to third level students with a range of difficulties including Aspergers Syndrome and other ASDs, dyspraxia, dyslexia, physical disabilities, ADHD, mental health conditions, vision impairment, hearing impairment, neurological conditions, or significant ongoing illness. Students with disabilities may gain a place either by Merit Entry (Standard Entry) or through DARE (Disability Access Route to Education). DARE is for school leavers who have the ability to benefit from and succeed in higher education but who may not be able to attain the points for their preferred course due to the impact of a disability. Visit [www.accesscollege.ie](http://www.accesscollege.ie) for more information.

## HOW DO WE SUPPORT?

Supports are tailored to the student's needs. Disability Offices support students academically in a broad range of ways which may include pre-entry advice, needs assessment, drop-in support, educational supports, assistive technology, special accommodation for exams, disability parking, personal assistants, etc. Students who may require support should contact the Disability Office as soon as they register for their course so that supports may be tailored to their needs. Some colleges and universities provide structured programmes for young adults with disabilities.

## DISABILITY OFFICE CONTACT INFORMATION:

### University of Limerick (UL)

Level 5

Level 6

Level 7

Level 8

Level 9

Level 10

[www.ul.ie/disabilityservices](http://www.ul.ie/disabilityservices)

Contact: Brenda Shinnors-Kennedy (Disability Officer)

Phone: (061) 202346

**DISABILITY OFFICE CONTACT INFORMATION:****National University of Ireland-Galway (NUIG)**

**Level 5** **Level 6** **Level 7** **Level 8** **Level 9** **Level 10**

[www.nuigalway.ie/student\\_services/disability\\_office](http://www.nuigalway.ie/student_services/disability_office)

Phone: (091) 492875 Email: [disabilityservice@nuigalway.ie](mailto:disabilityservice@nuigalway.ie)

**Limerick Institute of Technology (LIT)**

**Level 5** **Level 6** **Level 7** **Level 8** **Level 9** **Level 10**

[www.lit.ie/access/default.aspx](http://www.lit.ie/access/default.aspx)

Contact: Broze O'Donovan (Disabilities Officer)

Phone: (061) 293112 Email: [broze.odonovan@lit.ie](mailto:broze.odonovan@lit.ie), [access@lit.ie](mailto:access@lit.ie)

**Galway-Mayo Institute of Technology (GMIT)**

**Level 5** **Level 6** **Level 7** **Level 8** **Level 9** **Level 10**

[www.gmit.ie/access-office](http://www.gmit.ie/access-office)

Contact: Deirdre O'Connor (Access and Disability Officer)

Phone: (091) 742129 or (091) 742182

Email: [accessoffice@gmit.ie](mailto:accessoffice@gmit.ie) or [broze.odonovan@lit.ie](mailto:broze.odonovan@lit.ie)

**Mary Immaculate College (MIC)**

**Level 5** **Level 6** **Level 7** **Level 8** **Level 9** **Level 10**

[www.mic.ul.ie/](http://www.mic.ul.ie/)

Contact: Maura Moore (Access and Disability Officer)

Phone: (061) 204927 or (061) 204510 Email: [maura.moore@mic.ul.ie](mailto:maura.moore@mic.ul.ie)

**Institute of Technology - Tralee**

**Level 5** **Level 6** **Level 7** **Level 8** **Level 9** **Level 10**

Contact: Valerie Moore, Access Officer

Siobhan MacGarry, Officer for Students with Learning Difference

[www.ittralee.ie](http://www.ittralee.ie)

Phone: (066) 7145636 Email: [access@ittralee.ie](mailto:access@ittralee.ie)

**WHO ARE WE?****EMPLOYABILITY CLARE****WHO DO WE SUPPORT?**

We are an employment service for people with a disability or health condition. We support jobseekers with a disability or illness who are motivated to find suitable work.

For Jobseekers we offer:

- A free, person-centred, confidential employment support service.
- One-to-one support from an employment facilitator in your area.
- Help to develop an individual employment action plan.
- CV design that reflects your skills, experience and interests.
- Targeted job searching and interview preparation.
- Information on government employment services, supports and payments.
- Links to training and community supports.

We work with businesses and employers, making it easier for them to hire a person with a disability.

We have offices in Ennis, Shannon, Ennistymon and Kilrush.

We partner with local Chambers of Commerce to promote Disability Confidence in the Mid West. See more information at [www.disabilityconfidence.ie](http://www.disabilityconfidence.ie)

**FOR MORE INFORMATION:**

Website: [www.employabilityclare.ie](http://www.employabilityclare.ie)

Address: Unit 7C Elevation Business Park, Ennis, Co. Clare

Phone: (065) 6844007 / 087 9464341

Email: [info@employabilityclare.ie](mailto:info@employabilityclare.ie)

## WHO ARE WE?

### CLARE VOLUNTEER CENTRE

## WHO DO WE SUPPORT?

The Clare Volunteer Centre is an independent and free service aimed at encouraging more people to become involved with their communities through volunteering across the county.

## HOW DO WE SUPPORT?

At the Clare Volunteer Centre you can:

- Find out about volunteering opportunities throughout County Clare.
- Talk in confidence with our team about volunteering and how it can work for you.
- Receive information without having to make a commitment.
- Get ongoing advice and support.

You can register with us for free on our website or by calling into our office. Once you have registered we can meet with you to find a suitable volunteer role for you.

Organisations in Co. Clare are looking for volunteers to do a whole range of different things. Some roles may require specific skills but many don't. Some roles may require a regular commitment over a number of months, while others are as short as a few hours or days. So depending on what you would like to do and the time you have available, we are sure there is a volunteer role for you!

## FOR MORE INFORMATION:

Website: [www.volunteerclare.ie](http://www.volunteerclare.ie)

Address: Government buildings, Kilrush Road, Ennis, Co Clare

Phone: (065) 6844517 or Sharon Meaney on 086 8031106

Email: [sharon@volunteerclare.ie](mailto:sharon@volunteerclare.ie)



## WHO ARE WE?

### CLARE COUNTY COUNCIL

## WHO DO WE SUPPORT?

Everyone living in Clare.

## HOW DO WE SUPPORT?

Clare County Council's Housing Department provides confidential support services for people with disabilities who are in need of housing or who need to improve the accessibility of their homes.

### **Housing Adaption for People with a Disability**

Housing Adaption Grant for People with a Disability is available to assist in the carrying out of works that are reasonably necessary for the purposes of rendering a house more suitable accommodation of a person with a disability who is a member of the household. The maximum grant available is €30,000.

### **Mobility Aids Housing Grants Scheme**

The Mobility Aids Housing Grants Scheme is available to cover works to address mobility problems. The works grant aided under the Scheme include: grab rails, level access shower, stairlifts and other minor work deemed necessary to facilitate the mobility needs of a member of a household. The maximum grant is €6,000. The grant is means tested.

## FOR MORE INFORMATION:

Website: [www.clarecoco.ie](http://www.clarecoco.ie)

Address: New Road, Ennis, Co. Clare

Phone: (065) 6821616





## WHO ARE WE?

### BANNER HOUSING ASSOCIATION

## WHO DO WE SUPPORT?

Banner Housing Association provides social housing, primarily for people with an intellectual disability in County Clare.

## HOW DO WE SUPPORT?

Banner Housing Association provides social housing to people that are on the Local Authority Housing waiting list. We also offer an advice and information service tailored to tenants and their individual needs on matters such as housing, maintenance issues and advice in relation to welfare entitlements. Finally Banner Housing Association offers a maintenance programme which ensures our houses are maintained to a high standard and inspections take place on a planned basis, as well as when needs arise.

## FOR MORE INFORMATION:

Website: [www.bannerhousing.ie](http://www.bannerhousing.ie)

Contact: Housing Officer

Address: Banner Housing Association, Gort Road

Industrial Estate, Gort Road, Ennis, Co. Clare

Email: [info@bannerhousing.ie](mailto:info@bannerhousing.ie)



## WHO ARE WE?

### CAMPHILL MOUNTSHANNON

## WHO DO WE SUPPORT?

Camphill Community Mountshannon was established in 2005 as the Clare Lifesharing Initiative (Claí). Camphill Communities provide a secure home environment for people to live together, sharing lives. We provide an integrated residential service, semi-independent and independent living support. Adults with special needs live, work, and celebrate together with volunteers, carers and their families.

## HOW DO WE SUPPORT?

We promote independence and person-centered development. We provide opportunities for residents to work alongside volunteers and members of the wider community with the aim of integrating our community into the life of the village of Mountshannon and the surrounding area. We support individuals of all abilities to live their own lives in a broader community of care. We have craft workshops, some of them based in traditional crafts, including weaving and basket making, as well as a biodynamic vegetable garden. This provides work and training opportunities which facilitate learning and the attainment of a range of skills. We engage with our local services and local community in order to provide a range of cultural and social activities.

## FOR MORE INFORMATION:

Website: [www.camphill.ie/mountshannon](http://www.camphill.ie/mountshannon)

Address: Clai House, Mountshannon, Co. Clare

Phone: (061) 926840 / 926917

Email: [camphillmountshannon@gmail.com](mailto:camphillmountshannon@gmail.com)

**WHO ARE WE?****REHABCARE:  
THE WILLOWS ADULT RESIDENTIAL SERVICE****WHO DO WE SUPPORT?**

Adults with a diagnosis of ASD and a learning disability.

**HOW DO WE SUPPORT?**

We provide residential care to adults with a diagnosis of ASD. Additionally we provide semi-independent living for one individual with an intellectual disability. Referrals are made through the HSE Midwest.

**FOR MORE INFORMATION:**

Contact: Orla O'Connor, Residential Service Manager

Email: [orla.oconnor@rehabcare.ie](mailto:orla.oconnor@rehabcare.ie)



## **WHO ARE WE?**

### **BROTHERS OF CHARITY CLARE SERVICES**

## **WHO DO WE SUPPORT?**

Children and adults who have an intellectual disability and or/autism who are living in Co. Clare.

## **HOW DO WE SUPPORT?**

The Brothers of Charity Clare is a person-centred organisation that recognises each person as unique.

Our vision is to support each individual to achieve a full and valued life in their community. People are supported to have valued and inclusive lifestyles with meaningful relationships in their local communities. We begin with getting to know each person and their family and becoming familiar with their individual support needs.

Our aim is to bring supports to individuals who wish to avail of our services operating from different locations throughout County Clare.

The Brothers of Charity Clare Services offers the following services: Residential Support, Day Support, Respite-Supported Breaks & Home Share Clare, Rehabilitative Training, Vocational Training, Inclusive Research, and Advocacy.

## **FOR MORE INFORMATION:**

Website: [www.brothersofcharityclare.ie](http://www.brothersofcharityclare.ie)

Phone: (065) 6849400

Address: Banner House, Tobartaoscain, Ennis, Co. Clare



## **WHO ARE WE**

### **THE HEALTH SERVICE EXECUTIVE (HSE)**

## **WHO DO WE SUPPORT?**

The HSE provides health and social services to young and old, in hospitals, health facilities and in communities across County Clare.

## **HOW DO WE SUPPORT?**

### **Primary Care Teams**

A Primary Care Team is a team of Health Care Professionals responsible for organising and delivering primary health care for the local population. The aim of the primary care team is to provide high quality services that meet your needs and are easy to access.

The team is made up of GPs, Public Health Nurses, Physiotherapists, Occupational Therapists, Speech and Language Therapists, Home Help Coordinators and Primary Care Social Workers.

Health Care delivery is based on the individual client's need.

### **Public Health Nurse PHN-Community Nursing Service**

The Community Nursing Service is part of the wider Primary Care Team Services. It provides clinical Nursing services within a Health Centre setting or within the home.

### **Speech and Language Therapy**

The Speech and language Therapists work with adults who have difficulty in communication and swallowing. Referral is made through any healthcare professional you attend.



## **Primary Care Occupational Therapy Service**

Assessment for the provision of Aids & Appliances to improve a person's independence, safety and comfort regarding their Activities of Daily Living. Environmental assessment and recommendations including adaptations to create a more accessible and safer environment. Written guidelines and/or reports may be completed as required to facilitate local Grants. Advice on fatigue management techniques. Onward referrals to other Primary Care disciplines where appropriate. Onward referral where appropriate for specialized services. Examples include complex seating, splinting, and neurological rehabilitation.

OT Assessment and Advice is available to all service users. However the provision of HSE funded equipment is restricted to service users who have a valid Medical Card / Long Term Illness (LTI) Card / Health Amendment Act (HAA) Card.

## **Primary Care Physiotherapy Service**

Primary Care physiotherapy is provided to all age groups, from newborn to the elderly. The Primary Care physiotherapist provides a general physiotherapy service to the population of the Primary Care Team. The types of conditions seen by the primary care physiotherapist include: musculoskeletal pain (for example back/shoulder pain), orthopaedics including post fractures and post surgery, care of the elderly, neurological conditions and paediatrics.

The service is primarily clinic based. A limited domiciliary service is available when appropriate.

## **FOR MORE INFORMATION:**

To access primary care services, you can contact us yourself, or ask for a referral from a Health & Social Care Professional.

The main office telephone number is: (065) 6863578 (Tuesday, Thursday and Friday).

Services are based in your local Health Centre or Primary Care Centre.



## **WHO ARE WE?**

### **HSE SAFEGUARDING & PROTECTION TEAM**

## **WHO DO WE SUPPORT?**

Safeguarding adults is about protecting those at risk of harm from suffering abuse or neglect. Abuse can happen anywhere. It can happen at home, in a residential setting, in a hospital, at work or in the street.

A vulnerable person is “an adult who may be restricted in capacity to guard him/her self against harm or exploitation or to report such harm or exploitation.” Restriction of capacity may arise as a result of physical or intellectual impairment.

## **HOW DO WE SUPPORT?**

We respond to reported concerns involving the following forms of abuse: Neglect and Acts Of Omission, Financial Abuse, Physical abuse, Sexual Abuse, Discriminatory Abuse, Institutional Abuse, Psychological Abuse.

A wide range of people may abuse including relatives and family members, professional staff, paid care workers, volunteers, other service users, neighbours, friends, and associates. There are several forms of abuse, which may be carried out as a result of deliberate intent, negligence, or ignorance.

## **FOR MORE INFORMATION:**

If you are experiencing any of the feelings or effects outlined above, you may need to speak with your GP or Public Health Nurse. The HSE has a dedicated Safe Guarding & Protection Team.

Contact HSE Information Line: Monday to Saturday, 8.00 am-8.00 pm  
1850 241850

Email: [info@hse.ie](mailto:info@hse.ie)



## WHO ARE WE?

### CLARE MENTAL HEALTH SERVICES

## WHO DO WE SUPPORT?

Everyone Living in Clare.

## HOW DO WE SUPPORT?

Most people are treated by the GP alone, unless more support is required, for example, therapy services, in which case you may be referred to some of the day and hospital services.

## FOR MORE INFORMATION:

Phone: (065) 686 3776 / 7

Address: Mental Health Services, Dulick, Gort Road, Ennis, Co. Clare

## Other Mental Health Services

**GROW** is a voluntary organisation that provides friendship and support for people with mental health problems and people who are at risk of mental health problems.

Phone: 1890 474 474

Website: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**AWARE** provides information for many people: those include individuals who are experiencing depression, or related mood disorders; those who are concerned for a family member or friend; people who are seeking to learn more about the condition, and also those who may be wondering if depression could be a factor for them.

Phone: (01) 6617211

Email: [info@aware.ie](mailto:info@aware.ie)



## TRANSPORT

Access to and the use of transport can affect the ability of young people to participate in education, training, employment, recreation, and community life. The issue of transport is not limited to simply the presence of a transport service but also equipping young people with the skills to use different modes of transport. Many young people of all levels of ability report that they were anxious at first about using transportation, but with training and practice found that they were able to use transport independently or with support. This enabled them to participate in activities they enjoyed, and enriched their lives.

Some of the services described in this booklet provide support in relation to transport needs.

Enable Ireland provides transport to their service users to and from the Centre daily and to access activities in the community.

The Irish Wheelchair Association can provide transport for persons to access their services when possible.

Rehabcare Residential Service (the Willows) provides transport for service users to attend their day service, community access and for trips home etc.

Clare Adult Basic Education Service (CABES) run a driver theory test preparation course. This course prepares learners for all categories of the Driver Theory Test: Cars, Motorbike, Heavy Goods Vehicles and Buses.

Phone: (065) 6897616 / (065) 6897611

## **Free Travel Scheme**

If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free travel Companion Card is available which allows another person to travel with the card holder (if they are unable to travel alone). Free travel is available on all State public transport ( bus, rail and Luas) with some exceptions and is also available on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland. Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards. You should contact the Department of Social Protection to check if your private bus operator accepts free travel cards. Contact your local Citizens Information Centre for more information.

## **Free Travel and Public Service Card**

The Government has introduced a Public Service Card which will allow people to access a range of government services and payments. The Public Service Card will eventually replace the Free Travel Pass. If you are entitled to free travel, when you are issued your new Public Service Card it will also be your Free Travel Card. The card will have FT printed in the top-left hand corner of the card. You may also be entitled to Free Travel plus a companion. The card will have FT + C printed in the top left hand corner of the card. You must show your Public Service Card to the travel operator when you are using public transport.

## **All Ireland Free Travel Scheme**

This scheme allows a Free Travel cardholder to travel free of charge on all bus and rail services within Northern Ireland. Free Travel cardholders wishing to avail of the All Ireland Free Travel Scheme within Northern Ireland must first get a Senior Smart-Pass card. Application forms for the Senior Smart-Pass are available from your local Citizens Information Centre or your local Department of Social Protection Office.

**FOR MORE INFORMATION:**

Free Travel Scheme

Free Travel and Public Service Card

All Ireland Free Travel Scheme

Phone: (071) 9157100    Lo-call: 1890 500 000

Website: [www.welfare.ie](http://www.welfare.ie)

**Tax Relief for Drivers & Passengers with Disabilities**

Under the Disabled Drivers and Disabled Passengers Tax scheme qualified applicants can claim repayment of VRT and VAT (on purchase price and adaption price) on vehicles. Qualified applicants may also be exempt from annual motor tax and road toll fees, and receive a fuel grant. To qualify, the person with a disability must hold a Primary Medical Certificate. Contact your local Citizens Information Centre for further information.

**Disabled Person's Parking Permit**

Disabled Person's Parking Permits or Cards (also known as European Parking Cards or Disabled Parking Badge) are available to people living in Ireland with certain disabilities and those who are registered blind, whether they are drivers or passengers. The parking card can be used by a disabled person in any vehicle in which he or she is travelling. This means that a disabled person who is being driven at different times by different people can bring the parking card with himself or herself and display it in the appropriate vehicle. The parking card is valid for two years from date of issue and costs €35.

Contact: Disabled Drivers Association on (094) 936 4054 or Irish Wheelchair Association on (045) 893094 / 5



## WHO ARE WE?

### LOCAL LINK CLARE / CLARE BUS

## WHO DO WE SUPPORT?

People commuting in Co. Clare.

## HOW DO WE SUPPORT?

Clare Bus provides in excess of 170 weekly services throughout Clare and South Galway. Using a fleet of 10 fully accessible low floor buses with infant seats provided for our younger passengers.

Services provide connections to Limerick, Galway, Cork, and Dublin serving Ennis Bus and Train Station, Scariff, Killaloe and Gort.

### **The following services are provided Monday to Friday:**

- Early morning and evening services connect Scariff with Feakle and Ennis.
- Midmorning and afternoon services from Scariff and Feakle to Ennis.
- A twice daily return service linking Ennis with Clarecastle, Newmarket on Fergus and Shannon.
- A return service from Lissycasey to Kilrush serving Cahermurphy, Quilty, and Kilkee.
- A return service from Kildysert to Ennis.

For timetable and information on fares please visit the website.

## FOR MORE INFORMATION:

Website: [www.clarebus.ie](http://www.clarebus.ie)

Address: The Creamery, Feakle, Co. Clare

Phone: (061) 924375

Email: [travel@clarebus.ie](mailto:travel@clarebus.ie)

**NOTES:**

**NOTES:**





Clare Children's Services

Clare Early Intervention Services

Clare School Age Disability Team

Lifford Rd, Ennis, Co. Clare