



Transition to Adult Based Services

Education

Supports

Finance

Day
Services

Emotional
Wellbeing,
Mental
Health/Crisis
supports

Employment
Supports

Supports



Occupational Guidance Service

“Overview:

The occupational guidance service provides information, support and direction to people with a disability who wish to access rehabilitative training and day services.

Services offered:

Providing information on rehabilitative training and day services.

Advice to an individual and their family/guardians when making the most suitable choices.

Developing a profile of interests, skills and abilities for rehabilitative training and day services.

Links to other services including supported employment, further training and SOLAS(FÁS)

Who can apply:

Persons over 16 years with a disability can avail of advice and guidance, (however to access a HSE funded rehabilitative day programme persons must be 18 years and over).

Students leaving school who may require direction in pursuing a training or day programme.

Persons dissatisfied with their present programme or service who wish to look at alternative options.

Persons who have completed or are near completing a training programme and wish to consider their future options.

How to Access the Service:

- Self-Referral
- Referral by a Professional
- Referral by a Family Member
- Referral by an Advocate

Contact your local Day Opportunities Officer/Occupational Guidance advisor.”

Profiling meetings give you and your parent(s)/guardian(s) an opportunity to discuss with the Day Opportunities Officer the types of supports you may need when you leave school.

East limerick/North Tipperary

Day Opportunity Officer

Tel: 061 461370

Email: DisabilitydayServices.CHO3@hse.ie



"Services provided by Headway include:

Vocational, Long Term, Skills Devpt, Community Programmes, Psychology and Family Support and Information

Work Related Programmes Our Headway Work-related Programmes Team can assist you if you are experiencing challenges in preparing for, entering or succeeding in the workforce. They will work with you to identify your vocational strengths and challenges. Together with you, we will create individually tailored steps to help you achieve realistic goals. Each of our vocational programmes is designed to identify your interests and explore practical career options and goals post injury, while building your self-awareness and insight into your own capabilities. All of our programmes seek to empower you to reach your optimum level of independence with regard to work and / or gaining further skills."

Website: headway.ie

Address: 9-11 Upper William Street, Limerick

Tel: 1800400478

Email: helpline@headway.ie



"How we provide help

Our expert teams support individuals and their families recovering from the impacts of brain injury by offering services and tools that help them rehabilitate, adapt and live their fullest lives with confidence."

Services provided include Assisted Living, Home and Community Rehabilitation, Clubhouses, Transitional Rehabilitation, Family Support Services, Return to Work, Case Management, Clinical Support, Digital Assistive Technology.

Website: www.abiireland.ie

Email: hello@abiireland.ie

Tel: +353 1 280 4164



"We exist to promote the rights and interests of people who may need support with decision-making. We register decision support arrangements and supervise decision supporters."

Address: Waterloo Exchange, Waterloo Road, Dublin 4

Website: www.decisionsupportservice.ie

Tel: 01 2119750

Email: queries@decisionsupportservice.ie



“The Stepping Up website was created with young people and medical professionals to help young people prepare to move to adult healthcare.

The Transition Stages will help guide you from just starting to think about moving to adult services, right through to actually making the move. Our new Transition Guide will help you prepare and a range of other useful information, personal stories and checklists will help you know what to expect, find support and know that you are not alone”

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



“Safeguarding Ireland was established to promote safeguarding of adults who may be vulnerable, protect them from all forms of abuse by persons, organisations and institutions and develop a national plan for promoting their welfare.”

Website: <https://safeguardingireland.org/>

Email: For general queries
contact info@safeguardingireland.or



“Dóchas Midwest Autism Support was established by parents in 1997 in response to the need for an organisation to represent the needs of people diagnosed with Autism Spectrum Disorder in the Mid- West region. The charity supports children, young adults and their families.

Provides Employment and training programme, social interaction clubs, adults support and family support.

At Dochas we believe, that anyone regardless of a diagnosis who wants to work and have a career can do so. Our programme is designed to guide both the individuals and employers in order to reach their goals, by supporting them, helping access opportunities and build their own natural supports. We also offer various training programmes through our in-house social enterprise projects and training and development programme.”

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

Address: 14 Parnell St. Limerick

Tel: 061 405923

Email: info@dochasautism.ie

Midwest Young Adult Disability Team



“The young adult disability team, (also known as YADT) is an interdisciplinary team who provide episodic support to young adults with complex needs, in the Midwest, transitioning from school to HSE/HSE-funded Adult Rehabilitative Training or Day Services, who do not have access to multidisciplinary team input.

YADT collaborates with the young adult and their support network, to help the young adult to successfully transition to HSE/HSE-funded Adult Rehabilitative Training or Day Services. YADT aims to support goal achievement, promote independence, and improve overall quality of life.”

Who can refer to the team?

- HSE Day Opportunities Officer
- HSE Occupational Guidance Advisor
- Rehabilitative Training Service Manager
- Day Service Manager
- HSE Adult Disability Case Manager

Tel: 061 461210

Email: YADT@hse.ie



“Assisting passengers with additional needs to use public transport independently. For more information on routes covered and to avail of the service:”

Tel: 0818 294015

Email: independent.travel@buseireann.ie



Citizens Information Phone Service (CIPS) is a nationwide service that can be reached on 0818 0074000, Monday to Friday, 9 am to 8 pm

Citizens Information Centres (CICs) provide free, impartial information, advice and advocacy from centres nationwide.

Nenagh CIC

Address: 16/17 Pearse Street, Nenagh, E45 HV06

Tel: 0818 07 6470

Roscrea CIC

Address: Rosemary Street, Roscrea, E53 DD35

Tel: 0818 07 6480

Thurles CIC

Address: 2nd Floor, Mall House (Over Ely's Centra), Slievenamon Road, Thurles, E41 R6C9

Tel: 0818 07 6510



Extern Outreach Support Service

“In partnership with the HSE’s Disability Services, the EOSS service support children, young people and adults with an intellectual disability or autism and who may find it challenging to integrate into traditional social, educational or community systems.

Access the service through your local HSE Disability Office or Adult Disability Guidance Officer”

Website: www.extern.org

Tel: Caitriona Armstrong 086 0082042



HSE website provides information on Moving from children's to adult disability services

Website: <https://www2.hse.ie/babies-children/disabilities/services/moving-from-child-to-adult-care/>
"Planning your move to adult health services"

Website: <https://www2.hse.ie/services/moving-from-child-to-adult-health-services/planning-your-move/>

HSE Health App

"The HSE Health App is a secure way to:

- access HSE information
- find health services
- keep and find your personal health information

It is available for free on iOS and Android."

"You must be age 16 or older to use the HSE Health App."



Healthcare Transition

A resource for young people with disability and their families

Website: <https://cphealthcaretransition.eu/>



CHO7 CDNT provides information on Transition to Adult Services

Website: <https://www.cho7cdnt.ie/teams/transition-to-adult-services/>



“AHEAD is an independent non-profit organisation working with and for disabled people to shape inclusive and empowering environments in tertiary education and employment. The main focus of our work is further education and training, higher education and graduate employment.”

Tel: 01 5921467

Email: ahead@ahead.ie

Website: www.ahead.ie



“The National Advocacy Service (NAS) is an organisation which helps adults with disabilities. If you have a disability, like a physical or intellectual disability, one of our staff could help you with an issue you are having. NAS provides a free and confidential advocacy service to adults with a disability, aged 18 years and over. NAS has a particular remit to work with people with disabilities who are in vulnerable situations, such as people who are isolated from their community of choice or mainstream society, may communicate differently and who have limited formal or natural supports.”

Tel: 0818 073000

Email: info@advocacy.ie

Website: www.advocacy.ie



“Inclusion Ireland has been working as part of the disability rights movement in Ireland for over 60 years as a

“civil society “organisation.

Inclusion Ireland was established at a time where advocacy in Ireland was only getting started. From the beginning, the organisation connected people with intellectual disabilities and their families to networks of support, supported people through giving information and worked alongside people with intellectual disabilities and their families for their right to live as equal citizens.”

Tel: 01 8559891

Email: info@inclusionireland.ie

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



“Independent Living is about having the freedom to have the same choices that everyone else has in housing, transportation, education and employment. Independent living is about choosing what aspects of social, economic and political life people want to participate in. Independent living is about having control over your life, to have a family, to get a job, to participate socially and to realise your goals and dreams.”

Website: www.ilmi.ie

Phone: (0)1 873 04 55

Email: info@ilmi.ie

Register to Vote

[checktheregister.ie](https://www.checktheregister.ie)

“In order to vote you must be eligible and included on the electoral register for the area in which you live.”

Website: www.checktheregister.ie

Decision Support Service



“We exist to promote the rights and interests of people who may need support with decision-making. We register decision support arrangements and supervise decision supporters.”

Website: www.decisionsupportservice.ie

Email : queries@decisionsupportservice.ie



“Irish Wheelchair Association provides a wide range of services for people with physical disabilities”

Irish Wheelchair Association

Tel: 01 818 6400

Email: customercare@iwa.ie

IWA-Sport

Tel: 01 818 6423

Email: info@iwasport.com



“Family Carers Ireland want carers to know they have the support they need to care safely, to make it less of a battle and to know they are not alone. We are *the* national charity supporting the 500,000+ family and young carers across the country who care for loved ones such as children or adults with additional needs, physical or intellectual disabilities, frail older people, those with palliative care needs or those living with chronic illnesses, mental health challenges or addiction. “

Family Carers Ireland –“ A Guide to the Legal Aspects of Caring” available on the website

Planning for the Future –“This e-learning module is designed to support family carers in their caring role.”

Tel: 1800 240724

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



NORTH TIPPERARY DISABILITY SUPPORT SERVICE

“The main objective for which the company is established is to engage in the empowerment of persons with physical and sensory disabilities through promoting the development of an appropriate range of personal assistance services aimed at removing attitudinal and material restrictions that unnecessarily limit the lives of such persons.”

Website: <https://ntdss.ie>

Tel: (067) 34202



“Vision Ireland’s mission is to enable people who are blind and vision impaired to overcome the barriers that impede their independence and participation in society.”

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

Tel: Info Line 1800 911 250



Planning for the Future Guidelines for Parents of Children Adults with Down syndrome

Website: <https://downsyndrome.ie/dsi-resources/planning-for-the-future-guidelines-for-parents-of-children-adults-with-down-syndrome/>



“Aspire Ireland (Aspire – The Autism Spectrum Association of Ireland) is a **national autism support organisation** and registered charity providing services and support to **autistic individuals and the wider autism community in Ireland.**”

Address: 30 Ballinteer Park, Ballinteer, Dublin 16, D16F651

Tel: 089 4652026

Email: info@

Website: info@aspireireland.ie

JAM Card and JAM App



Just A Minute

“The JAM Card and JAM App is the FREE, easy and discreet way to let others know that you need ‘Just A Minute’ of patience and support.”
“You can show your JAM Card while you are shopping, ordering food, visiting a bank, using public transport and much, much more. As long as the business in question is JAM Card Friendly, they will know what your cards means. It’s a simple idea that makes a big difference”

Website: www.jamcard.org



“Through our various programmes the North Tipperary Development Company team work enthusiastically to promote social inclusion and economic and environmental sustainability in Tipperary.” “**Our Supports to Individuals & Families** pillar is committed to providing services and supports to children, youth and families in the community at the earliest opportunity, working closely with families in areas of disadvantage.”

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

Emotional Wellbeing Mental Health/Crisis Supports



Autistic Adult Support & Wellbeing Programme

“The AsIAm Adult Support & Wellbeing Programme began in 2021 and we have been overwhelmed by the support and engagement received from the Autistic community. Through the programme, we provide peer-led spaces that are safe and empowering for Autistic adults to meet, socialise, and discuss issues that are important to them. We also run activity-based groups that are fun, interactive, and support the wellbeing of our community in an accepted environment, both in-person and online.”

The programme and peer support groups are not therapeutic in nature- it’s main purpose is to provide a space for autistic adults to come together, communicate and have fun.

Website: <https://asiam.ie/what-we-do/adult-support>

Seeking Mental Health Support: Jigsaw is an early intervention mental health service that offers in-person or remote therapy. **If you experience more significant mental health difficulties, please contact your GP** for referral to more specialist services.

JIGSAW

“Jigsaw Tipperary is a mental health charity for young people living in Tipperary. Our service is free, non-judgemental and confidential. We offer free therapy to young people -both online and in person.”

Age group 12 -25 years

To get an appointment at Jigsaw go to jigsaw.ie/go

Address: G2, Innovations Work 3, Tipperary Technology Park, Thurles, Co. Tipperary. E41XF75

Tel: 0504 60023

Email: tipperaryjigsaw.ie

Crisis Contacts: If you ever feel that you are in a mental health crisis and need immediate help, please refer to the following for additional advice and support:



Pieta House 24-hr Crisis Helpline: Tel: 1800 247 247 or
Text HELP to 51444
Website: <https://www.pieta.ie/>



Samaritans Helpline : Tel: 116123
Email: jo@samaritans.ie
Website: <https://www.samaritans.org/ireland/samaritans-ireland/>



BODYWHYS : Tel: 01 – 2107906
Email: alex@bodywys.ie
Website: <https://www.bodywhys.ie/>



Aware Support line Tel: 1800 80 48 48
Website: <https://www.aware.ie/>



Text About It

Text About It is a free service you can contact 24 hours a day. It offers everything from a calming chat to immediate support for your mental health and emotional wellbeing.

Free-text: HELLO to 50808 for an anonymous chat with a trained volunteer, any time.

Find more info at: <https://www.textaboutit.ie/>

Finance

Disability allowance

“Disability Allowance is a weekly allowance paid to people with a disability. You can get it from 16 years of age. If you are in education when you turn 16, you can continue to attend school while receiving this allowance.”

Address: Disability Allowance Section, Department of Social Protection, Government Buildings, Ballinalee Road, Co. Longford, N39 E4E0.

Website: www.gov.ie/DA

Email: DA_InetInfo@welfare.ie

Telephone: 0818 927770;
043 3340000



Website: <https://services.mywelfare.ie/en/topics/health-disability-illness/>



MABS is the Irish money advice service

“We’re here for you if you need help with debt and budgeting. You can get impartial advice from MABS to help you manage your money and take control of debt. We offer support online, over the phone and face to face”

Tipperary MABS (North), Nenagh

Address: 31 Pearse St. Nenagh, E45K825

Tel: 0818 072760

Email: nenagh@mabs.ie

Tipperary MABS(North), Thurles

Address: mall house, Slievenamon road, Thurles, E41R6C9

Tel: 0818 072740

Email: thurles@mabs.ie

BPFI-Guide-to-Safeguarding-your-Money available online

Day Services





“MooreHaven provides a mix of activities and educational programmes for those who attend our Day Services. These services are currently available in:”

Day Service- Thurles, Day Service- Cashel, Day Service- Tipp Town

Website: www.moorehaven.ie

Tel: 06252437



“Avista provides a range of supports to adults with moderate to profound intellectual abilities.

Avista provide Accommodation Support, Respite Services, Day Supports, Training and Education, It's My Life Individualised Supports and Specialist Clinical Supports”

Coach House/Damer Home supports, Roscrea.

Copperbeach View Home supports, Roscrea.

Orchard Day Service, Roscrea

Ormond Day Service Nenagh.

Ormond and Stafford Day Services, Nenagh.

Anusha Day Service Thurles

Address: North Tipperary/Offaly, the Maltings, Gaol Road, Roscrea, Co. Tipperary. E53 RR88

Tel: 0505 22046



“School leavers over 18 years with primary physical and sensory disabilities are eligible for services.

We provide individualized service that gives each service owner an opportunity to experience “The Good Life”. This includes inclusion, belonging and contribution. We encourage empowerment for the service owners to make choices and decisions about their own lives. We promote active citizenship and meaningful community participation.

We offer activities that are both community and centred based. These include Physiotherapy, Hydrotherapy, Live Music Sessions, Poetry, Equine Therapy and Independent Living Skills. We strive to promote independence throughout our service which improves quality of life for each service owner. We aim to ensure that each service owner discovers their own dreams and that their personal goals are achieved.”

Adult Services, Nenagh.

Address: Enable Ireland Adult Day Service, Tyone, Nenagh, Co. Tipperary E45KC58

Email: kshinners@enableireland.ie

Adult Services, Thurles.

Thurles Adult Day Service Hub, Thurles.

FBD Semples Stadium. Bohernanave Road, Thurles.

Email: amogorman@enableireland.ie

“Rehab provides services to more than 12,800 people every year. We work with children, adults, and older persons with disabilities and their families, and people who need support to live more meaningful lives of their choosing.”

Thurles

“Thurles Resource Centre is a five day-service for adults with ASD, intellectual disability and associated behavioural challenges from the North Tipperary catchment area. The Resource Centre provides service users with opportunities for personal development, independent living, independent choice, experiential and educational programmes, therapeutic supports, work experience, community integration and social and leisure activities. Needs are met through individual, person-centred plans and tailored timetables. Service users are offered one-to-one staffing support, funded through the HSE.”

Address: Stradavoher, Thurles, Co. Tipperary

Tel: 0504 57011

Cluain Glas Respite Service

“Cluain Glas is a Thurles-based Respite Service which provides respite for both male and female service users between the ages of 18 and 65. Cluain Glas places an emphasis on respect, promotes independence, and enables service users to reach their goals and carry out activities that are of interest to them.”

Nenagh

“Serving the areas of North Tipperary and Limerick, Nenagh Resource Centre has provided day service supports since 2002. The service provides educational, recreational and social programmes for participants living with mild to profound ID. Delivery of service is built upon a person-centred approach.”

Address: Nenagh Resource Centre, 1 St. Conlon’s Road, Nenagh, Co. Tipperary.

Tel: 067 43046



St. Cronan’s Association CLG provides high quality day support to adults living with intellectual disabilities and/or autism through our four sites situated in Roscrea, Nenagh and Birr.

Tel: 0505 21246

Website: www.cronans.ie



Education





An Chomhairle Náisiúnta
um Oideachas Speisialta
National Council
for Special Education

Website: www.ncse.ie

Tel: 01 603 3346



“DARE is a third level alternative admissions scheme for school-leavers whose disabilities have had a negative impact on their second level education. DARE offers reduced points places to school leavers who, as a result of having a disability, have experienced additional educational challenges in second level education.”

Website: <https://accesscollege.ie/dare/>

Reasonable Accommodations at the Certificate Examinations (RACE Scheme)

Contact your education centre to assist with application for the RACE scheme.

Contact: State Examinations Commission, Cornamaddy, Athlone, Co. Westmeath

Tel: (090) 644 2700

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



“Information and advice for students and their families as they make the transition to higher education.

Read real stories from Autistic students about their experiences navigating college life.”

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

Susi grant



“Student Universal Support Ireland (SUSI) is Ireland’s national awarding authority for further and higher education grants. SUSI offers funding to eligible students in approved courses at PLC, undergraduate and postgraduate levels in Ireland and in some cases, to students studying in the UK or EU. All types of students, from school leavers to mature students returning to education can apply for funding.”

Website: www.susi.ie

Email: support@susi.ie

Phone: 0818 888 777

Disability Service Third Level Institutions

Most third level institutions provide support to students with a disability through their Disability/Access service. Contact your relevant college Disability Support Officer to register and access this service.



Nurturing Bright Futures

“The ***Nurturing Bright Futures*** (NBF) space will provide you with the opportunity to engage with the topic of your future, a potential college experience and many related themes and it will equip you with skills and tools that you can carry into your chosen degree when you start college. It will also help you to make the most of the resources around you such as your friends, family, Guidance Counsellors and teachers. Through the use of video lessons, podcasts, articles, exercises, quizzes and other helpful resources, these six modules will give you the opportunity to engage with a variety of resources and introduce you to ways and approaches to college life and college degrees.”

Website:

<https://www.ucc.ie/en/graduateattributes/nurturingbrightfutures>



“The Higher Education Access Route (HEAR) is a higher education admissions scheme for Leaving Certificate students (under 23) whose economic or social background are underrepresented in higher education”

Website: <https://accesscollege.ie/hear/>



“SOLAS is the State agency that oversees the building of a world class Further Education & Training (FET) sector in Ireland, developing skills to fuel Ireland’s future. FET is for everyone, is available in every community and offers a pathway to take you as far as you want to go.”

Website: www.solas.ie

Tel: 01 5332500

Email: info@solas.ie



Applied Learning and Skills Development – Certificate

“The aim of this certificate course is to equip students with an intellectual disability with the skills, knowledge and confidence necessary to participate fully in higher education and to develop work-related competencies which facilitate meaningful employment. Its focus, therefore, is on inclusivity, personal, academic and social development and preparation for professional life. Upon successful completion of the course, students may continue to further study or avail of work-related opportunities in the community.”

Contact the Applied Learning Team

Website: <https://tus.ie/courses/certificate-applied-learning-and-skills-development/>

Email: appliedlearning.midwest@tus.ie



Tipperary Education and Training Board (ETB) is the statutory provider of education for county Tipperary, delivering a large selection of high-quality education and training services.

Through Tipperary FET College, Tipperary ETB also provides a fantastic selection of Further Education and Training courses at over 20 centres across the county, as well as delivering Adult Literacy, Lifelong Learning, and Youthreach, among a wide range of education Administrative Offices”

Tipperary ETB (Head Office) Tyone (Unit 1), Nenagh, Co. Tipperary

Email: reception@tipperaryetb.ie

Tel: 067 31250

Website: www.tipperaryetb.ie

Website: <https://tipperaryetb.ie/fet/student-hub/> to “find information to help you make the most of your learning experience.”

FET Admissions team

Tel 067 71000

Email: admission@tipperaryetb.ie/fet

Tipperary FET College -Nenagh-Tyone-Castlebrand, Tyone, Nenagh

E45R896 **Tel:** 067 31250

Tipperary FET College- Nenagh-Dromin Road, Nenagh.

E45 VF51 **Tel:** 067 31525

Tipperary FET College- Kenyon Street (Teach an Léinn) Kenyon Street, Nenagh, Tipperary. E45 RX24 **Tel:** 067 33437

Tipperary FET College- Roscrea-Corville Road, Roscrea, Co. Tipperary. E53 V449 **Tel:** 067 31525

Tipperary FET College– Borrisokane, -Ballyhaden, Borrisokane, Tipperary. E45 N250

Tipperary FET College -Roscrea- Grove Street (REACH) Tipperary FET College, Unit 1, REACH, Grove Street, Roscrea, Tipperary. E53 TX44 **Tel:** 067 71001

Tipperary FET College -Roscrea-Old Dublin Road, (including Youthreach) Old Dublin Road, Roscrea, Tipperary E53 P797

Tel: 050522481

Tipperary FET College-Templemore- Richmond, Templemore, Co. Tipperary. E41 FF98 **Tel:** 0504 31007

Tipperary FET College-Archerstown, Thurles, Tipperary. E41 YH58 **Tel:** 052 613438

Tipperary FET College- Thurles-Railway Road (Colaiste Éile) Railway Road, Thurles, Tipperary. E41 KO33

Tel: 0504 2116



“Erasmus+ is the EU's programme to support education, training, youth and sport in Europe.”

Website: <https://erasmus-plus.ec.europa.eu/opportunities/opportunities-for-individuals>

Website: <https://www.leargas.ie/resources/>

Email: info@leargas.ie



National Learning Network

“As Ireland’s leading provider of personalised, supported education and training, we empower individuals to embark on positive learning pathways, with a focus on inclusion, skill development, and employment opportunities. We create an environment that fosters confidence, belonging, and success—ensuring each student learns in a way that best suits their needs.

NLN courses cater to a wide range of students, including adults with disabilities, health challenges, and those facing educational disadvantage. At NLN, we believe in creating opportunities for

everyone, from young adults aged 16 to people of all ages seeking personal or professional growth.

National Learning Network provides training and specialist support to people who, for various reasons, may find it challenging to gain employment. So whatever your circumstances – whether you are long-term unemployed, have an illness, a disability or additional support needs – National Learning Network can help you.”

Website: <https://rehab.ie/national-learning-network>

LIMERICK

Address: National Learning Network, Mid-West, Raheen Business Park, Limerick.

Tel: 061 229777

Email: limerick@nlm.ie

CLONMEL

Address; Roseville, Western Road, Clonmel, Co. Tipperary

Tel: 052 6181555

Email: clonmel@nlm.ie



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY



“The Cumas Programme is an inclusive education programme at University of Galway for students with intellectual disabilities. Funded through the Higher Education Authority's PATH 4 Phase 2 initiative, the programme supports students to take part in university life through learning, volunteering, work experience, and social activities. Students build skills, confidence, friendships, and independence while working towards their future goals. While the primary aims of the programme caters to the students and their needs, it is also envisioned that University of Galway and the wider community will benefit by developing a greater understanding and appreciation of the potential of people with intellectual disabilities.”

Address: University of Galway, University Road, Galway, H91 TK33

Tel: 091 524411



Workability Programme

“The WorkAbility programme aims to support young people from Co Tipperary with a diagnosis of a disability in which their disability may impact their employ-ability, train-ability and 21st century skills. These young people are furthest from the labour market and are experiencing challenges socially, functionally and educationally. The key aim for the intended target group is to give young people an opportunity to develop practical and functional skills which enable them to participate fully in their communities. The main focus of the work is to develop and implement interventions for young people (16-29) in need of employability support, who have a diagnosis of ASD, a mental health condition, a learning disability or Hidden disability.”

Address: Workability Programme, Youth work Ireland Tipperary, Croke St., Thurles. E41 KX76

Tel: Laura Ryan: 083 1792999

Email: laura.ryan@youthworktipperary.ie



Qualifax

“Our comprehensive database of courses is here to help students, jobseekers, parents, guidance professionals and graduates explore their education and training options. So whether you’re a student looking for a CAO course or an employee interested in microcredentials for that next promotion, we have you covered.”

Website: www.qualifax.ie



“Nenagh CTC offers a wide range of innovative programmes leading to QQI Level 3 and 4 qualifications. Certificate & Diploma in VTCT/ITEC.

If you are aged between sixteen and twenty-one years and would like to obtain qualifications, which will lead to employment or further education, while receiving an allowance, please contact us or call in to the centre.”

Address: Nenagh Community Training Centre, St. John’s Place, Nenagh, Co. Tipperary Eircode: E45 E248

Telephone: 067-32832



Careers Portal

“CareersPortal.ie is a "one stop shop" for those needing or providing career guidance in Ireland. The site is freely available and integrates up-to-date occupational and course information with advanced search and career self-assessment tools.

Results of self-assessments can be used to help the user research the world of work and the world of education. This is supported with information on career sectors, apprenticeships, labour market information, scholarships, and work experience opportunities along with daily career news and events.

The site incorporates accessibility tools which integrate many features including language translations, dyslexia support, the visually impaired and spoken text.

The portal has become an integral tool for guidance professionals and their clients. It is supported by both public and private organisations which collaborate to disseminate the most useful and up-to-date information about careers and courses across all sectors of the economy.”

Website: www.careersportal.ie

Tel: 01 2090797

Email: info@careersportal.ie

Employment Supports



“Youth Employment

We lead the way in supporting young people to gain valuable and lifelong employment opportunities. We know that young people want to be in control of their own lives. Our youth employment programmes focus on helping young people gain the skills, experience and confidence they need to do just that.”

Address: Workability Programme Youth Work Ireland Tipperary, Croke St., Thurles, Co. Tipperary E41 KX76

Tel: 083 1792999

Email: laura.ryan@youthworktipperary.ie

WorkAbility Co-Ordinator



“AsIAm facilitate online and in-person Employment Groups for job seekers.”

Website: <https://asiam.ie/what-we-do/employment#jobseekers>

EmployAbility Tipperary

What is EmployAbility Tipperary?

EmployAbility Tipperary is an employment and recruitment service to assist people with a disability to secure and maintain a job in the open labour market.

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

Address Friar’s court, Nenagh, Co. Tipperary.

Email: info@employabilitytipperary.ie

Nenagh Tel: 067 37896

Thurles Tel: 087 9181852

Roscrea Tel: 087 918185



*Irish Society for Autism provide information on Employment
Support for Autistic People, Work and Access Programme*

Telephone: 018744684

Email: admin@autism.ie

Website: <https://autism.ie/information/employment-supports/>