

Progressive Pathways Information for young people 16 + with Physical, Sensory, Developmental or Psychological Disabilities.



Lots of information on local opportunities for progression in education,
training, social life, leisure and sporting activities.

Developed by Donegal CYPSC Disability Equality Working Group

HSE Day Service Coordination Team Disability Services Community Health Cavan, Donegal, Leitrim, Monaghan, Sligo (CHCDLMS)



- The HSE Occupational Guidance Service helps people with a disability to find a training option or support service that is suited to their needs. Schools or Parents can contact this service through the local HSE disability Service. An adviser will meet the school leaver and their family/advocate and may work closely with the school.

The school leaver's needs may be met by :

- 1) HSE rehabilitative training programme
- 2) HSE adult day service
- 3) Mainstream education or training services



- ♦ Referrals should be made to the HSE at least 13 months in advance of the person leaving school.
- ♦ Students can be referred from the age of 16 for future planning purposes.
- ♦ Referral forms are available on the HSE website.

Completed referral forms should be returned to your local HSE Disability Day Services office.
Referrals can be made by school, PHN , HSE, Family, Self-referral or Psychologist.

Contact details:

- HSE Day Service Supports & Guidance Development Unit,
Ballyraine Industrial Estate, Letterkenny, Co. Donegal , F92 DY24
- Phone 086 0660996
- Email :disabilitydayservices.cho1@hse.ie
- Website: www.hse.ie/newdirection



CÚRAM SLÁINTE POBAIL COMMUNITY HEALTHCARE

CABHÁN
CAVAN

DÚN NA NGALL
DONEGAL

LIATROIM
LEITRIM

MUINEACHÁN
MONAGHAN

SLIGEACH
SLIGO

REHABILITATIVE TRAINING PROGRAMMES:

Rehabilitative Training Services are training courses funded by the HSE to develop life skills social skills and basic work skills for people with intellectual disabilities, autism, mental health difficulty, or people with complex physical disabilities. The courses are from two to four years.

Phone 086 0660996

Email: disabilitydayservices.cho1@hse.ie



HSE Day Service
Coordination Team,
Disability Services
CHCDLMS:
Post-School Options
18 + years

HSE ADULT DAY SERVICES:

HSE Adult Day Services are funded programmes to provide day service supports to people aged 18 and over, with intellectual disabilities, autism or people with complex physical disabilities. The programmes assist people to make choices and plans to be an active independent member of the community.

Phone: 086 0660996

Email: disabilitydayservices.cho1@hse.ie

New Horizons Partnership:

The New Horizons Partnership is a cross-border cross community organisation providing services and accredited training and supported employment to people with intellectual disabilities.

Phone: 048 71883114

Website: www.newhorizonspartnership.co.uk

Donegal Education & Training Board (ETB)

Further Education & Training (FET)

Donegal ETB offers a range of Further Education and Training (FET) programmes for those wishing to gain recognised qualifications and begin their journey in lifelong learning. Their programmes range from Levels 1-6 on the National Framework of Qualifications and there are options available throughout the year on both a full-time and part-time basis, during the day and in the evenings. The courses offered provide pathways from Community Education and Foundation level to further and higher education as well as routes to employment. Donegal ETB students can avail of a range of supports including reasonable accommodation where appropriate. The purpose is to support students with a disability to compete equally, on a level playing field with other students.



Reasonable accommodation means adapting an assessment for learners who would be at a disadvantage in that assessment due to an impairment or disability. Adapting an assessment to provide reasonable accommodation means changing how the assessment is offered without changing the standard of that assessment.

The Adult Guidance and Information Service
Donegal ETB FET Centre
The Business Hub
Business Park Road
Letterkenny
Co. Donegal F92 HX4F

Phone: 074 9178088
Email: adultguidance@donegaletb.ie

1. FET Student Support

FET Support is a service offered to ETB Students across the whole County of Donegal.

- ♦ The aim of this short programme is to help students to succeed in their chosen course and it also offers additional support for a period of up to six weeks.
- ♦ This short course covers a range of subjects such as : Study Skills, Academic Writing, Time Management and Maths according to the needs of the individual student.

2. Fund for Students with Disabilities

Donegal ETB Post Leaving Cert (PLC) students can apply for the Fund for Students with Disabilities:

- ♦ The Fund for Students with Disabilities (FSD) is to assist colleges in ensuring students with disabilities have the necessary assistance and equipment to enable them access, fully participate in and successfully complete their chosen course of study.
- ♦ More information and eligibility criteria is available via HEA Fund for Students with Disabilities website.

3. Adult Guidance & Information

- ♦ The Adult Guidance Team supports students on courses.
- ♦ The Team provides student inductions and employability sessions.
- ♦ Donegal ETB's Adult Guidance and Information Service also offers impartial and confidential information, advice, guidance and counselling on the educational options that are available to individuals both within Donegal ETB and with other education providers. The aim of the service is to support individuals to make the right decisions about returning to education and training and to help them make those decisions within the context of their wider life.
- ♦ Donegal ETB's Adult Guidance and Information Service referral and support mechanisms help signpost to a range of appropriate services to support a broad range of clients.
- ♦ Donegal ETB supports Specialist Training Providers (STPs), to assist individuals to enter or re-enter the labour market.

4. Specialist Training Providers (STPs)

Donegal ETB supports Specialist Training Providers (STPs), to assist individuals to enter or re-enter the labour market. The National Learning Network, TACA HSE Training Services and ASCAIN (Formerly Worklink)

National Learning Network



National Learning Network

provides a range of flexible training programmes and support services for people 16+ years, who are job seekers, unemployed and have an illness or disability.

Contact: Phone 074 9168288

Email: Letterkenny@NLN.ie

TACA HSE Training Services

TACA HSE Training Service

supports people with disabilities, people recovering from illness or injury who wish to gain employment or progress on to further education by identifying suitable work placement and offering a nationally recognised education or training qualification.

Contact: Phone 074 9532611 Email: Rosaleen.mcgarvey@hse.ie

ASCAIN



ASCAIN (Formerly Worklink)

is a training and support service for people 16+ years who have experienced mental ill health.

Catchment areas: Inishowen, North West Donegal, North Central Donegal

Contact: Phone 074 9128872



ahead

creating inclusive environments in education
and employment for people with disabilities

Association for Higher Education Access and Disabilities:

The Association for Higher Education Access and Disabilities promotes full access to and participation in further and higher education for students with disabilities.

Disability Access Route to Education - DARE

The Disability Access Route to Education (DARE) aims to improve access to college for school-leavers with a disability or specific learning difficulty by allocating a number of third level places to them on a reduced points basis. To be eligible for the scheme you must provide evidence that your disability has affected your educational performance significantly.

To apply for a college place under DARE:

- ♦ To apply for a college place under the DARE Scheme you should apply through the Central Applications Office (CAO)
- ♦ Complete the part of the form to say that you have a disability or a specific learning difficulty.
- ♦ You will then be directed to the separate online Supplementary Information Form

www.ahead.ie www.accesscollege.ie **CAO Helpline: (091) 509800**



Donegal Down Syndrome Association

Donegal Down Syndrome Association is an organisation set up by parents with the aim of supporting members with Down Syndrome to have full Inclusion in the community and freedom of choice in their lives.

Support Services include:

Speech & Language Therapy	Behaviour Consultation support	Life Skills (18+ Programme)
Occupational Therapy	Sound Therapy	Literacy
Neuro Development Therapy	Swimming Lessons	Music Lessons
Physio Therapy	Yoga Lessons	Dance Lessons
Counselling	Ability Counts (6+ Exercise Programme)	Parent Link
		School Visits

Contacts details: Phone: 074 9103527 Email: donegalds@gmail.com Website: www.donegalds.ie

Progressing to employment



Employability Northwest provides services to support people with Disabilities, Impairments, Mental ill health and varying health conditions into competitive paid employment in the open labour market. This service is accessed via referral through your local Intreo Office.

Phone: 0818 405060 Email: Letterkenny@welfare.ie



Donegal Local
Development CLG

Forbairt Áitiúil
Dhún na nGall

Donegal Local Development CLG (DLDC) provides support to young people who are looking for Employment or Lifelong Learning Supports. The range of supports includes

- ◆ Confidence building, Health & wellbeing, Learning workshops,
- ◆ CV preparation, Interview preparation, Job matching.

If you want to create your own employment, DLDC provides support to set up a business. Supports include:

- ◆ Start your Own Business training,
- ◆ Developing a business plan,
- ◆ Cashflow projections.

Phone: 074 9127056 Email: or info@dldc.org



Social Inclusion &
Community Activation
Programme

Inishowen Development Partnership operates across five work strands:-

Strand 1 - Learning and Development

Strand 2 - Innovation and Opportunity

Strand 3 - Resilience and Wellbeing

Strand 4 - Environment and Sustainability

Strand 5 - Leadership and Governance



Our support to children and young people is across these strands and our approach includes offering integrated and wrap-around support such as preventative education measures in collaboration with the local primary and second level schools in the area as well as with Youthreach and the School Completion Programmes -North and South Inishowen. These include personal development programmes, environmental projects, development education and career tasters.

Through programmes such as IFI Funded CHANCE we offer bespoke programmes of personal development, health, wellbeing and resilience as well as employability programmes for those young people most distanced from the labour market or other support services.

We work with our partners in the HSE in the delivery of the SOLAS Inishowen programme which is an ecotherapy programme aimed at those with poor mental health.

As Community Partner for the SlainteCare programmes we offer Social Prescribing programmes available to young adults 18-25 and we have a number of Parenting programmes in support of families.

Our enterprise and employment support teams also offer one to one business support, enterprise training as well as CV and Interview preparation.

Further info see our website www.inishowen.ie or phone 074 9362218

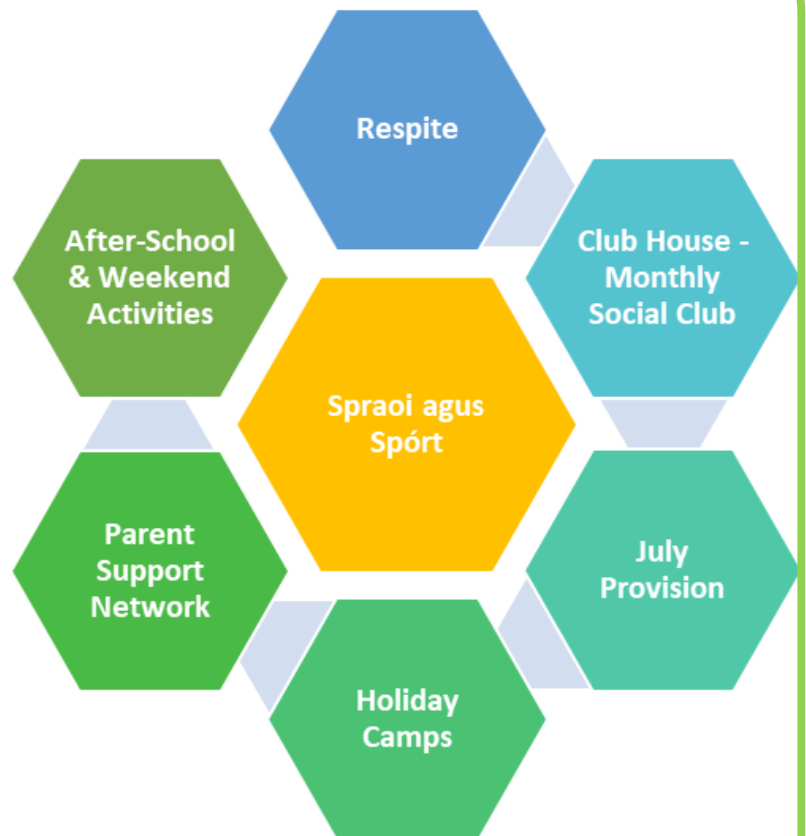


Spraoi agus Spórt work to ensure all our services are inclusive, we do this by providing a Special Needs Assistant at no extra cost so any young person can attend our services in the same way as their peers. Please call our office for further information.

Spraoi agus Spórt,

Unit 7 SuperValu, Carndonagh, Co. Donegal, F93 AY6D

Phone: 085 2580083



Chime provides Deaf and Hard of Hearing Children and Adults with person centred specialist services across Ireland to empower individuals to reach their full potential including:

- ♦ Children and Family Services
- ♦ Explore Mentoring Programme

Chime also provide deaf and hard of hearing group support and provides assistive technology for home, work, school or college.

EXPLORE

Chime Mentoring Programme:

Provides individualised structured support for young deaf and hard of hearing adults (age 16 - 25 years) as they transition onto further education, vocational training, and employment. For information on our service or to request a referral form, our office is open from 9am to 5pm Monday to Friday.

Chime, Unit 2, Spencer House, High Road, Letterkenny, Co. Donegal

Phone 074 9188252

Text: 086 8858194

Email: letterkenny@chime.ie



Bluestack Special Needs Foundation CLG

Services provided by Bluestack:



The Bluestack Special Needs Foundation CLG provide a range of services. To access any of the services above, contact the Bluestack Foundation by phone or call into our building and talk to a member of staff about any services that you are interested in and we can help you take the necessary steps.

**Bluestack Foundation,
The Glebe, Donegal Town,
Co. Donegal, F94X31V
Phone: 074 9740828
Email: info@bluestackfoundation.com**





Bluestack Special Needs Foundation CLG Training & Progression Programme (TPP)

What's it all about?

The Training and Progression Programme is a venture by the Bluestack Foundation funded through the Dormant Accounts Fund targeted at young adults with additional needs.

Our aim is to work on an individual basis and in a group setting to help set goals, find out what their personal aspirations are, whilst working towards fulfilling them.

In the Programme we are working on Core Life Skills that benefit the participants throughout every walk of life, for example money management, IT skills, communication, literacy, confidence building, interpersonal and social skills, working as part of a team but also independently as well as gaining accreditations eg. manual handling and fire safety.

We cover a broad range of practical skills and other workshops relevant to the interests and progression of each individual. The programme is about setting our young adults on the pathway towards their personal goals within these core aims. Our three core aims are:

- ◆ To prepare for employment
- ◆ To further education
- ◆ To explore enterprise

How to access the Training and Progression Programme?

- ◆ Self Referral
- ◆ Training and Progression Programme costs €15 per day and €5 per subsequent day up to 4 days.
- ◆ This covers the cost of everything that trainees take part in including the costs of all external training suppliers and workshops.

Contact the Training & Progression Programme Manager

Phone: 087 7712932

Email: Progression@bluestackfoundation.com

www.bluestackfoundation.com

The Community Service Programme:

The Community Service Programme in the Foundation serves to create social enterprises for our members to gain valuable work experience.

The aim for our members is to grow in confidence and learn skills that will help them reach their personal goals and ultimately join the work force.

Our main social enterprise is **The Bluestack Shack** which is a fully functioning award winning café that is open to the public and is staffed by young adults with additional needs.

Here they learn multiple skills from food preparation, till systems, customer service, stock control and are working as part of a team in a safe and nurturing environment.

All profits from our social enterprises are reinvested into future programmes and are developed around our members interests.

We strive to include our members from concept to completion in all enterprises as it is their success that drives this programme.



Foroige provides a range of projects and services for young people and families. A wide range of activities and programmes primarily take place after school, evenings, school holiday times and occasional weekends. Foroige engages young people from all over the county.

- ♦ Age category: 8 - 24 years.
- ♦ Age ranges vary between projects / services
- ♦ Young people can access many of our projects & services by making contact with one of the Foroige staff
- ♦ Some specific projects do require a referral form, available on line or via Foroige staff
- ♦ Participation is free of charge

Contact Susan McLoughlin, Phone: 086 6064291

Email: infodonegalforoige.ie susan.mcloughlin@foroige.ie Website: www.foroige.ie



Our Group:

Donegal Youth Service (DYS) supports a Youth Peer Support Group called 'Our Group'. The target audience for Our Group is Young People on the Autism Spectrum aged 16-24 years. This group also provides supports to

young people to improve their interpersonal skills, encourages self awareness around issues such as anti-bullying, online safety and developing positive relationships amongst peers.

Our Group meets every Monday evening in Elevate 55 (formerly the Loft) from 6-8pm and offers young people a safe place to socialise, make friends and enjoy a wide range of activities together such as:

- ♦ Music
- ♦ Art
- ♦ Games Nights
- ♦ Social skills.



- Participation is FREE
- Self referral
- New participants meet with a member of staff prior to joining the group to assess needs

To join this social group contact

Our Group (DYS), 16-18 Port Road, Letterkenny, Co. Donegal F92 N2KC

Phone: 086 4403204,

Email: pauric.bell@donegalyouthservice.ie

www.donegalyouthservice.ie

For more information on the supports provided by Donegal Youth Service: Phone 074 9129630

Sports Inclusion Disability Programme

The aim of the Sports Inclusion Disability Programme (SIDP) is to promote and encourage sport and physical activity amongst people with a disability. Since the inception of the SIDP programme in 2008 Donegal Sports Partnership (DSP) has been developing a range of physical activity initiatives throughout County Donegal.

DSP provides a range of programmes for children, young people and adults of all abilities. All of our initiatives are developed based on the needs in our community. Some SIDP initiatives are developed independently whilst others are implemented in a collaborative approach with our partner organisations.

For further information contact Thérèse Laverty by emailing sido@activedonegal.com or call 086 8349056

Types of initiatives include:

Sports Specific:

- ◆ Gymnastics
- ◆ Athletics
- ◆ Badminton
- ◆ Wheelchair sports
- ◆ Boccia
- ◆ Water Sports—Kayaking / Surfing
- ◆ Cycling /Hand Cycling
- ◆ Tennis

Physical Activity Based:

- ◆ Fitness classes
- ◆ Dance
- ◆ Chair based exercise
- ◆ Walking
- ◆ Yoga



Inishowen Children's Autism Related Education CLG

Address : Looking Glass Brae , Ballymacarry , Buncrana , Co. Donegal , F93 XY61

Phone Number : (074) 9362226 **Email :** centremanager@icare.ie

Website : www.icare.ie

Catchment Area: Inishowen but some service users are from further afield.

Services Provided: Inishowen Children's Autism Related Education (iCARE) exists to support autistic individuals and their families in the Inishowen area. Established in September 2000 by a small group of parents, we work to break down barriers and promote inclusion. We are committed to advocating for our members and ensuring equity of opportunity for all. *There are 3 elements of services provided :*

iCARE: Our centre operates 6 days per week , Monday - Saturday. We provide after school sessions, a Saturday Club and school holiday programmes. This is a self referral process.

SONAS Youth Club: We have a youth club for young people aged 11+ called Sonas. This gives our young people a chance to meet others, form friendships and enjoy social activities with their peers.

iADULT Day Service: Established in 2020 this service is for persons aged 18 + presenting with mild / moderate Autism Spectrum Condition and/or intellectual disabilities. Service users learn and practice skills in group sessions and work towards transferring these skills to work independently in a placement within our community. Service users are referred by the HSE Guidance officer.

Cost : **There is a cost to our service users for iCARE and SONAS but iADULT is funded by the HSE.**

Contact: Phone (074) 9362226 Email : centremanager@icare.ie

~ Useful Contacts & Helplines ~

Irish Human Rights Equality Commission

018583000. www.ihrec.ie/your-rights/

National Advocacy Service for People with Disabilities (NAS) 0818 07 3000 www.advocacy.ie

Office of the Ombudsman 01 639 5600
www.ombudsman.ie

Inclusion Ireland 01 8559891 info@inclusionireland.ie

Enable Ireland's Assistive Technology Department
www.enableireland.ie/services/assistive-technology

Citizens Information Service 081807 4000
www.citizensinformation.ie

Samaritans Free Helpline 116 123

Pieta House Crisis Helpline 1800 247 247

Flac Advice & Support 01 9061010 www.flac.ie

Worker's Rights Centre 1890 747 881

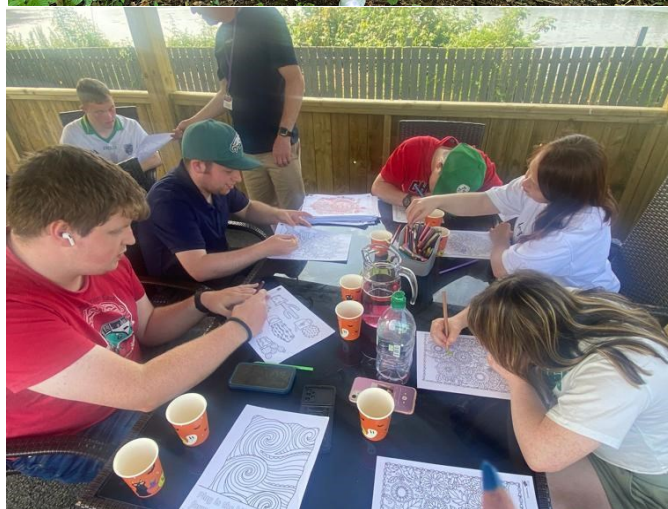
MABS Helpline 0818 07 2000

Jigsaw: 074 9726920 email donegal@jigsaw.ie

Childline: 24 hour support line 1800 66 66 66
www.childline.ie Text: 50101

For Information and parenting resources:

- ♦ www.cypsc.ie
- ♦ www.hse.ie/my-child
- ♦ www.parenthubdonegal.ie
- ♦ www.tusla.ie/parenting-24-seven



~ Useful Contacts at a glance ~

HSE Service Supports & Guidance Development Unit, Ballyraine Industrial Estate, Letterkenny,

Co. Donegal F92DY24 Phone: 086 0660996

Email: disabilitydayservices.cho1@hse.ie

Website: www.hse.ie/newdirection

New Horizons partnership Phone: 048 71883114

Website: www.newhorizonspartnership.co.uk

Donegal ETB Further Education & Training,

Administrative Offices, Ard O'Donnell, Letterkenny, Co. Donegal F92 DP98

**Phone: 074 9161600 Email: info@donegaletb.ie
www.donegaletb.ie/further-education-training**

National Learning Network Phone: 074 9168288

Email: Letterkenny@NLN.ie

TACA HSE training Service Phone: 074 9532611

ASCAIN (Formerly Worklink) Catchment areas; Inishowen, Northwest Donegal, North Central Donegal Phone 074 9128872

Ahead - Association for Higher Education Access and Disabilities

DARE - Disability Access Route to Education

Websites: www.ahead www.accesscollege.ie

CAO Helpline: 091 509800

Employability Northwest Phone: 0818 405060

Email: Letterkenny@welfare.ie

Donegal Local Development CLG (DLDC)

Phone : 074 9127056 Email: info@dldc.org

Inishowen Development Partnership

Phone 074 9362218

Website: www.inishowen.ie

Spraoi agus Spórt, Unit 7, Super Valu, Carndonagh, Co. Donegal F93 AY6D

Phone 085 2580083

ICARE & IADULT, Looking Glass Brae,

Ballymacarry , Buncrana , Co. Donegal , F93 XY61

Phone: (074) 9362226

Email : centremanager@icare.ie

Website : www.icare.ie

Chime, Unit 2, Spencer House, High Road, Letterkenny, Co. Donegal

Phone: 074 9188252 Text: 086 8858194

Email: letterkenny@chime.ie

Bluestack Foundation, The Glebe, Donegal Town, Co. Donegal, F94X31V

Phone: 074 9740828 Email:

info@bluestackfoundation.com

Website: www.bluestackfoundation.com

Bluestack Training & Progression Programme,

Phone: Manager on 087 7712932

Email: Progression@bluestackfoundation.com

Foroige, Contact Susan McLoughlin

Email: infodonegalforoige.ie

susan.mcloughlin@foroige.ie

Website: www.foroige.ie

Donegal Youth Service, 16-18 Port Road,

Letterkenny, Co. Donegal F92 N2KC

Phone: 074 9129630

Email: info@donegalyouthservice.ie

Website: donegalyouthservice.ie

Donegal Sports Partnership

Sports Inclusion Disability Programme

Contact Thérèse Lavery

Phone: 086 8349056

Email: sido@activedonegal.com



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE
COISTÍ NA SEIRBHÍDÍ DO LEANAÍ & DO DHADINE ÓGA

Donegal

Dún na nGall



Donegal Local
Development CLG

Forbairt Áitiúil
Dhún na nGall



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



This resource was developed by Donegal CYPSC as part of the Disability Equality Project and is funded by the Dept of Children, Equality Disability Integration and Youth under the Better Outcomes, Brighter Futures Programme. A sincere Thank You to the Young people from the Bluestack Foundation, for allowing us to use their super photos and to all the agencies who contributed.

This resource is available free to download on www.cypsc.ie/donegal

Hard copies are available from the Donegal CYPSC Office, Scally Place, Justice Walsh Road, Letterkenny, Co. Donegal and from The Bluestack Foundation, Donegal Town.

www.cypsc.ie, [facebook@CYPSCDonegal](https://www.facebook.com/CYPSCDonegal),