



# **New Directions**

## **Day Services for Adults with Disabilities**

**DSKWW**

Transition Directory





## New Directions

The DSKWW Day Opportunities Team co-produced this document in proud partnership with the regions Day Service Providers led by the RTSL (Rehabilitative Training / School Leaver) & Guidance Referrals Sub Group. DSKWW covers Dublin South, Kildare & West Wicklow.

New Directions is the HSE’s approach to supporting adults with disabilities who use day services in Ireland. New Directions sets out twelve supports that should be available to people with disabilities using ‘day services’. It proposes that ‘day services’ should take the form of individualised outcome-focused supports to allow adults using those services to live a life of their choosing in accordance with their own wishes, needs and aspirations.

There is a structure set up within the nine HSE Community Healthcare Organisations (CHO) nationally to implement New Directions. These CHO New Directions Implementation Groups have representatives from every HSE funded adult day Service Provider within the CHO area.

2024

[Watch the video ‘Introducing New Directions’ to learn more about our services.](#)



### Access to day services for adults with disabilities

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

Referrals for adult day services should be sent to the local HSE disability day service office.

[Find out more about accessing adult day services](#)

[Contact a service in your area](#)



## School Leaver Referral HSE Funded Adult Day Service(s)

### Post-school options for people with disabilities

The HSE Day Service Teams support 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 a:

- HSE rehabilitative training programme or
- HSE adult day service or
- Mainstream education or training services.

### What are HSE Funded Adult Day Services?

The HSE provides rehabilitative training (RT) and adult day services for adults with the following disabilities: Intellectual disability, Physical, Sensory (deaf/hard of hearing or blind/visual impairment), mental health difficulty (RT only), and Autism spectrum disorder.

**Rehabilitative training programmes** 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 usually last from two to four years. These courses can be a stepping stone to more mainstream education or training options. (Mental Health programmes are only available in some areas)

**Adult day services** are HSE funded programmes to provide day service supports to people, age 18 and over, with intellectual disabilities, autism, or people with complex physical disabilities. The programmes assist people to make choices and plans and to be an active, independent member of the community. Service Providers have individual service entry criteria and deliver varying degrees of supports to people with a very diverse set of needs, wishes and aspirations.

The HSE fund NEW DIRECTIONS type day services. New Directions provides a Model of Supports organised around the person, based on their identified needs and wishes. This approach sets out to ensure that being part of one's community is a real option. To read more about New Directions go to HSE's website: [www.hse.ie/newdirections](http://www.hse.ie/newdirections)

**When to Refer:** Referrals should be made to the HSE at least 13 months in advance of the person leaving school. Students can be referred from age 16 for future planning purposes.

**Data Protection:** The HSE will obtain and disclose, in strict confidence, relevant information and/or medical reports which are required for the purpose of providing supports to access and provide Adult Day Service Programmes. All information is stored and disclosed in accordance with Data Protection Legislation.

Referral forms and your local HSE Disability Day Service office contact details are available at [www.hse.ie/newdirections](http://www.hse.ie/newdirections).

V2.3



## Referral Form

Occupational Guidance, Adult Day and Rehabilitative Training Services

(Use Arrow down/up keys on your keyboard to move through the form if entering details electronically.)

Personal Details		
First name (s)		
Surname		
Date of Birth		
Gender (M/F)		
Address	<div style="text-align: right;"> <b>HSE Residential</b> <input type="checkbox"/> </div>	
County		
Eircode		
Telephone Number		
Email Address		
Next of Kin Details		
Name		
Relationship to person		
Address		
County		
Eircode		
Telephone Number		
Email Address		
Details of Disability	Select All appropriate	Notes
Autistic Spectrum Disorder	<input type="checkbox"/>	
Head Injury	<input type="checkbox"/>	
Hearing	<input type="checkbox"/>	
Visual	<input type="checkbox"/>	
Mental Health	<input type="checkbox"/>	
Physical	<input type="checkbox"/>	
Intellectual Disability:	<input type="checkbox"/>	
Mild	<input type="checkbox"/>	
Moderate	<input type="checkbox"/>	
Severe/Profound	<input type="checkbox"/>	
Not Specified	<input type="checkbox"/>	
Specific Learning Difficulty	<input type="checkbox"/>	
Other - Please Specify	<input type="checkbox"/>	
Comment		

V2.2

**Education Details (Must be completed for School Leaver)**

<b>Year Leaving School</b>		
<b>School Type: select option</b>	<b>Special School</b>	<input type="checkbox"/>
	<b>Mainstream School</b>	<input type="checkbox"/>
	<b>Mainstream – Special Class</b>	<input type="checkbox"/>
<b>School Name</b>		<b>Roll Number:</b>
<b>School Contact Name</b>		
<b>Job Title/Position</b>		
<b>School Address</b>		
<b>County</b>		
<b>Telephone Number</b>		
<b>Email Address</b>		
<b>Curriculum that the person is currently following in School</b>		

**Referrer Details**

<b>Referral Body</b>		
<b>Date of Referral</b>		
<b>Referrer Title</b>		
<b>Referrer First Name</b>		
<b>Referrer Surname</b>		
<b>Referrer Address</b>		
<b>County</b>		
<b>Telephone Number</b>		
<b>Email Address</b>		

**Information and reports obtained by the HSE are stored on computer (database), for the purpose of providing supports to access and provide Adult Day Service Programmes. The information will be stored and disclosed in accordance with Data Protection Legislation.**

Please ensure that all relevant parts of this form are completed. The Referrer must sign the completed referral form.

**Signed by Referrer:**

<b>Print Name (above)</b>	<b>Signature</b>	<b>Date</b>

**Please return the completed Referral Form to your local HSE Adult Disability Day Services office**

<b>For Office Use Only:</b>		
<b>Client ID:</b> _____	<b>Date Received:</b> _____	<b>Signed:</b> _____

**Local HSE Adult Disability Day Services Offices:**

HSE Area	Address	Telephone
Donegal, Sligo, Leitrim, Cavan, Monaghan	<b>HSE Day Service Supports &amp; Guidance &amp; Development Unit,</b> Ballyraine Industrial Estate, Letterkenny, Co Donegal, <b>F92 DY24.</b>	Telephone: 086 0660996 E-mail: <a href="mailto:disabilitydayservices.cho1@hse.ie">disabilitydayservices.cho1@hse.ie</a>
Galway, Mayo, Roscommon	<b>HSE Disability Day Services,</b> Community Healthcare West, 25 Newcastle Road, Galway, <b>H91 RW28.</b>	Telephone: 091 546310 E-mail: <a href="mailto:disabilitydayservices.cho2@hse.ie">disabilitydayservices.cho2@hse.ie</a>
Limerick, Clare, North Tipperary	<b>HSE Disability Day Services,</b> HSE Mid-West Community Healthcare, South West Wing, St Joseph's Health Campus, Mulgrave Street, Limerick, <b>V94 C8DV.</b>	Telephone: 061 461263 E-mail: <a href="mailto:disabilitydayservices.cho3@hse.ie">disabilitydayservices.cho3@hse.ie</a>
Cork, Kerry	<b>HSE Disability Day Services,</b> Floor 1, Blackpool, Cork, <b>T23 YY57.</b>	Telephone: 021 4927100 E-mail: <a href="mailto:CKCHDayservices@hse.ie">CKCHDayservices@hse.ie</a>
Waterford, Wexford, Carlow, Kilkenny, South Tipperary	<b>HSE Disability Day Services,</b> HSE South, St. Dymphna's Hospital, Carlow, <b>R93 DE62.</b>	Telephone: 059 9136417 E-mail: <a href="mailto:disabilitydayservices.cho5@hse.ie">disabilitydayservices.cho5@hse.ie</a>
Dun Laoghaire, Dublin South East, Wicklow	<b>HSE Disability Day Services,</b> HSE Community Healthcare East, Block B, Civic Centre, Main Street, Bray, Co. Wicklow, <b>A98 X329.</b>	Telephone: 01 2744359 E-mail: <a href="mailto:disabilitydayservices.cho6@hse.ie">disabilitydayservices.cho6@hse.ie</a>
Dublin South City Dublin South West Dublin West, Kildare West Wicklow	<b>HSE Day Opportunities Service,</b> Hawthorn House, Millennium Park, Naas, Co. Kildare, <b>W91 FY53.</b>	Telephone: 045 931551 E-mail: <a href="mailto:Disabilitydayservices.cho7@hse.ie">Disabilitydayservices.cho7@hse.ie</a>
Laois, Offaly, Longford, Westmeath, Louth, Meath	<b>HSE Disability Day Opportunities,</b> HSE MLM, Health Centre, Arden Road, Tullamore, Co. Offaly, <b>R35 HP73.</b>	Telephone: 057 9359714 E-mail: <a href="mailto:disabilitydayservices.cho8@hse.ie">disabilitydayservices.cho8@hse.ie</a>
Dublin North Central North Dublin North West Dublin	<b>HSE Disability Day Opportunities,</b> 2 <sup>nd</sup> Floor, Phoenix Hall, St. Mary's Hospital, Phoenix Park, <b>D20 CK33.</b>	Telephone: 01 7784113 E-mail: <a href="mailto:Disabilitydayservices.chodncc@hse.ie">Disabilitydayservices.chodncc@hse.ie</a>



## Information Leaflet – Data Protection

### Occupational Guidance, Adult Day and Rehabilitative Training Services

Data Protection Legislation requires the HSE to safeguard your privacy rights in relation to the processing of your personal data.

You have a right to know what information is held about you and why that information is held.

The HSE will obtain and share relevant information for the purpose of providing you with an Occupational Guidance Service and/or a HSE Day service.

The HSE will

1. Obtain relevant information and reports including medical reports that exist within the services listed below:
  - The Health Service Executive (HSE);
  - HSE contracted service providers;
  - Education Service Providers;
  - The National Educational Psychological Service. General Practitioners/Medical Consultants
2. Share this information, in strict confidence, for this purpose with third parties including statutory and voluntary organisation such as; the Department of Social Protection, Department of Education and Skills, SOLAS, and any HSE funded disability service providers involved in the provision of services appropriate to you.
3. Store and Disclose the information and reports obtained in accordance with Data Protection Legislation.

Note: If a person is Under 18 then the family or advocate need to be informed.



## Interim Standards

The [Interim Standards for New Directions Services and Supports for Adults with Disabilities Report](#) requiring service providers and key stakeholders to involve people with disabilities in the design, delivery, monitoring and evaluation of the services and supports provided.

The [Interim Standards](#) aim to be a catalyst for community inclusion and self-determination in the lives of people with disabilities. They also aim to provide a framework to assist stakeholders to deliver services and supports in accordance with the vision and stated objectives outlined in the New Directions and the Transforming Lives Programme.

[Read more about the Interim Standards for New Directions](#)

## Person-Centred Planning Framework

In 2018 the HSE published [A National Framework for Person-Centred Planning in Services for Persons with a Disability](#).

To support the roll out of the Person-Centred Planning Framework to all day services a Webinar Series was broadcast in 2021 to introduce and explain the PCP Framework. Service providers are currently self-evaluating their service to establish if their practice is in line with the framework. This series featured people who use services, staff and management and outlines the key elements of the Person-Centred Planning. Webinar recordings are available on HSELand for day service providers.

The National Person-Centred Planning group are currently developing a PCP Information Module for Persons with Disabilities and their Circles of Support along with an eLearning Training Module for staff in Adult Disability Day Services. These modules will be available soon.

[Read more on the Person-Centred Planning Framework Implementation](#)





# Person-Centred Planning and Circles of Support



## What is a Circle of Support?

A Circle of Support is a way of connecting the person who owns the person-centred plan to their community.

A group of people, known to the person, volunteer to support them to identify things they would like to achieve or change in their life.

## Why is a Circle of Support important in Person-Centred Planning?

Circles of support:

- ✓ Foster and maintain relationships, and back up natural support networks
- ✓ Encourage creative thinking, problem solving, positive risk-taking and accountability
- ✓ Promote autonomy and independence
- ✓ Support community participation and active citizenship
- ✓ Provide opportunities for shared celebration.



## Who is in a Circle of Support?

The person who owns the person-centred plan is at the centre of the circle and should decide who will be part of their Circle of Support.

A Circle of Support is usually made up of four to eight people.



The Circle of Support should be broader than staff and family members.

At the start, staff or family members may act as facilitators.

They should pass on their skills to the circle over time and step back.

[www.hse.ie/newdirections](http://www.hse.ie/newdirections)

For more information, please see the National Framework for Person-Centred Planning in Services for Persons with a Disability and A Guide to Circles of Support.



# Person-Centred Planning and Goal Setting



**A Goal is a desired result a person wishes to achieve.**



## Why is Goal Setting important?

Goal setting is a key part of all planning. Goals should reflect what is important to the person who owns the person-centred plan – their dreams and wishes.

Goal setting encourages us to set clear actions so the person gets the right supports to achieve their goals.

Goal setting is part of all four stages of the person-centred planning process. The person who owns the plan, those supporting them to put their plan together and into action, and the Circle of Support may be involved in goal setting.

## Best Practice in Goal Setting involves:

- ✓ Creative communication and active listening
- ✓ Working together
- ✓ Choice and decision-making
- ✓ Shared expectations and a focus on ability
- ✓ Support for independence, community engagement, valued social roles and active citizenship
- ✓ Positive risk-taking
- ✓ Addressing barriers
- ✓ Individualised goals and action plan
- ✓ Monitoring and review
- ✓ Reflection and Evaluation
- ✓ Measuring outcomes
- ✓ Accountability

<b>S</b>	<b>Specific</b>	Says clearly what the person wants to achieve
<b>M</b>	<b>Measurable</b>	A way to measure success
<b>A</b>	<b>Attainable</b>	Challenging but possible
<b>R</b>	<b>Relevant</b>	Meaningful to the person
<b>T</b>	<b>Time-anchored</b>	A clear start and end date

- ★ **Start with the person's dreams and wishes**
- ★ **Turn dreams and wishes into goals**
- ★ **Be SMART!**



[www.hse.ie/newdirections](http://www.hse.ie/newdirections)

For more information, please see the National Framework for Person-Centred Planning in Services for Persons with a Disability and A Guide to Goal Setting in Person-Centred Planning.



## Understanding the difference between the Person-Centred Plan and Personalised Care and Support Plans



The Personal Plan comprises the 'person-centred plan' and 'personalised care and support plans'.



### The Person-Centred Plan

- Focuses on dreams and wishes - what is important **to** the person who owns the person-centred plan
- Describes a vision of a more positive future for the person
- Enables the person to make informed choices about how they want to live their life
- Supports community engagement and active citizenship
- A Circle of Support may assist with the development of this plan.



### Personalised Care and Support Plans

- Focus on the person's everyday needs - what is important **for** the person who owns the person-centred plan?
- Describe the supports the person needs to stay healthy, safe and well
- Inform and facilitate the development of the person-centred plan
- Ensure the person is in the best possible place to make important life decisions
- A Multi-Disciplinary team may assist with the development of these plans.



[www.hse.ie/newdirections](http://www.hse.ie/newdirections)

For more information, please see the National Framework for Person-Centred Planning in Services for Persons with a Disability and A Guide to Understanding the Difference between the Person-Centred Plan and Personalised Care and Support Plans.



## CONTACT

Autism Initiatives Ireland,  
A63 HH95, Co. Wicklow



[aaii.info@autisminitiatives.org](mailto:aaii.info@autisminitiatives.org)



01 2811636



[www.autisminitiatives.org](http://www.autisminitiatives.org)



Celbridge Horizons,  
Unit B M4 Business Park,  
Celbridge

Tallaght Horizons,  
Village Square,  
Tallaght D24 RK61

Tallaght Springs/Outreach,  
Whitestown Business Park,  
Tallaght  
D24 K59A

## AUTISM INITIATIVES CELBRIDGE AND TALLAGHT DAY & OUTREACH SERVICES

Our Horizons and Springs Day Services provide person centered, community based, day programmes underpinned by the principles of New Directions (HSE 2012) ensuring each individual supported has ownership over their day and the activities they want to participate in. Many of these activities are based in our local community and our aim is to support individuals in learning the skills required to develop and participate as active citizens in their communities. Activities which we do in the service include art, music, yoga, horticulture, independent living skills and a range of bespoke activities based on individual interests and strengths.

We support people to participate in a wide range of activities within the local community related to sports and exercise, the arts and creative expression, work experience, in person and online vocational opportunities and any other activities which a person would like to try.

Our Outreach Support is a bespoke key working service which focuses on empowering people to identify and plan for the life they wish to lead and supporting them in developing self-directed strategies to achieve these desired outcomes through the person-centred planning process.

Each Person we support has a primary diagnosis of Autism.

The services provided by Autism Initiatives are underpinned by a clear understanding of good autism practice. They are guided by a person-centred approach which focuses on understanding the unique strengths and needs an individual may have in relation to their autism and how we can apply this understanding to provide individualised and innovative supports. Service user consultation and involvement is central to the development of these supports and we expect the services and supports we provide to evolve and progress with the person as a consequence of this process.



## BEHAVIOUR DETECTIVES

### CONTACT

Cormac Brodigan  
Adult Training and  
Guidance Service Lead



hello@behaviourdetectives.ie



056 773 9919



www.behaviourdetectives.ie



Osprey Premium Business  
Centre,  
Block C,  
Naas,  
County Kildare,  
W91 V8X8

## BEHAVIOUR DETECTIVES

### Description of service provided (Include activities on offer):

At Behaviour Detectives, we do not make judgments but view every behaviour of concern as carrying a message or having a purpose. We try to understand behaviour as an adaptive response and a way of coping. Services provided are based on the principles of Applied Behaviour Analysis and Positive Behaviour Support, while having a neuro-affirmative ethos at the core of our work. Using evidence-based approaches, we utilize scientifically proven strategies towards discovering new opportunities and opening new doors. It is a therapeutic bridge to the future.

### Profile of service users attending/criteria:

Behaviour Detectives Transition Programme is mainly aimed at early school leavers and young adults, with a focus on Emerging Adulthood – in-between age who find difficulty transitioning from adolescence to adulthood. Young people are usually 18 to 25 years old and have ASD or other diagnoses. They may present with anxiety or self-isolation, with little to no community inclusion due to various barriers to services and support.

### Note on how the service adheres to New Directions, PCP Framework etc.

Programmes are designed in line with the HSE New Directions and person-centred planning.



### CONTACT

Admissions Department



Admissions@camphill.ie



045 483735



www.camphill.ie



National Office,  
Dunshane Community,  
Brannockstown,  
Naas,  
Co. Kildare.

## CAMPBILL COMMUNITIES OF IRELAND

Camphill have three services located in the Kildare area. Grangebeg (outside Dunlavin), Dunshane (outside Naas) and The Bridge (Kilcullen). Each service strives to be person centered in their approach under the New Directions approach with each service fulfilling this through six different domains.

- Social Farming and Horticulture
- Personal Development
- Social Enterprise
- Careers and Employment
- Further Education and Learning
- Creativity and Arts

### Profile of service users attending/criteria:

Camphill provides support to people with a Primary Diagnosis of ASD or Learning Disability. Day service supports people from the age of 18-65 years of age. Each placement is subject to securing HSE funding required for each Individual.

Each Individual will be supported in forming and developing a Person-Centered Plan (PCP). This will guide the work of the day service in supporting the person to live a good and meaningful life. Each plan is reviewed at regular intervals with the persons identified circle of Support.





**CHEEVERSTOWN**

**CONTACT**

Richard Curtis  
Programme Manager,  
New Directions

info@cheeverstown.ie

01 4993700

www.cheeverstown.ie

Cheeverstown Head Office,  
Kilvare,  
Templeogue,  
Dublin.  
D6W TX36

## CHEEVERSTOWN NEW DIRECTIONS DAY SERVICES & SUPPORTS

### Description of service provided (Include activities on offer):

New Directions day supports at Cheeverstown are provided across 16 locations in South-West Dublin. We offer different types of support – people may attend their local day service location as a base and then use community supports e.g. for life skills classes; computer skills; horse riding and swimming, to name but a few. Some people we support are in paid employment, volunteering and travel independently, and are enabled to experience community inclusion by our committed teams.

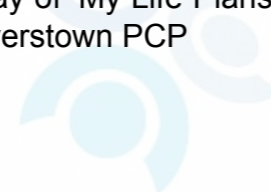
### Profile of service users attending/criteria:

Cheeverstown supports adults with intellectual disabilities, complex needs, autism and neurodevelopmental disabilities, from the age of 18 onwards.

### Note on how the service adheres to New Directions, PCP Framework etc.

Our services and supports are underpinned by the New Directions approach, an outcomes-based individualised approach. Person-centeredness is a Cheeverstown core value and is at the heart of our work, as we seek to attach supports to the holistic needs of each person.

In trying to build people's independence, we believe in real life learning within the wider community. Supporting people to be active and valued members of their community is central to what we do. Where possible, people will be supported by a service close to their home. Local links can be established and opportunities for courses, volunteering and paid employment can be explored. At times things are done in groups; at other times individuals will explore areas that are important to them, as individuals. Focusing on individual goals is achieved by way of 'My Life Plans' which is the name given to Cheeverstown PCP process.



**CONTACT**

Claire Finnegan  
/ Sharon Reilly

claire@possibilitiesplus.ie  
sharonr@possibilitiesplus.ie

087 357 1184 (Claire)  
087 398 2809 (Sharon)

www.daracommunityliving.ie

Dara Possibilities  
"The Hub"  
Main Street  
Celbridge  
Co. Kildare  
W23EK68

## DARA POSSIBILITIES

**DARA, THE HUB, CELBRIDGE,  
CO. KILDARE, W23EK68**

**Dara Possibilities** was set up in 2012, to offer adults with intellectual disabilities person centred, self-directed supports from their own home. Through recognising and supporting the natural authority of the person and their family, each person is supported to use to design and co-manage their support arrangement. **Dara Possibilities** falls under the governance, management, and company structures of Dara.

**Our Vision is "People of all abilities live a good life their way through their voice and their choices".**

We support the person to access the good things of life by building connections in their community and working collaboratively with their natural support network (Circle of Support). We empower individuals to be involved in their local community, promote active citizenship, and provide a high- quality person-centered service.

We work with a diverse range of individuals ranging in age from 18-64 years with mild to moderate intellectual disabilities with varying needs and aspirations. We work in partnership with the person, listen carefully and support individuals to achieve their wishes, dreams and goals.

### Our aim is to support the person

- To live a life that is meaningful to them and describe what this looks like.
- To access their rights as equal citizens and support decision making and participation in their community To live self-directed lives and provide accessible information to supported informed decision making
- To focus on their strengths, interests, aspirations and hopes.
- Help identify their existing valued roles in life and develop new roles that really fit who they are as a person.
- To find new ways to contribute and develop their abilities.
- To develop a clear plan with goals that capture what they want to do and achieve.
- To identify and get the support, information and actions needed to make their plan happen
- To build and maintain natural relationships within their chosen community.

**enable ireland**  
Disability Services  
Life With No Limits

**CONTACT**

Marie Vaughan  
CHO7 Area Manager

[mvaughan@enableireland.ie](mailto:mvaughan@enableireland.ie)

01 4992354

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

Unit 1, Block C,  
Cashel Business Centre,  
Cashel Road,  
Crumlin,  
Dublin 12.  
D12 DA27

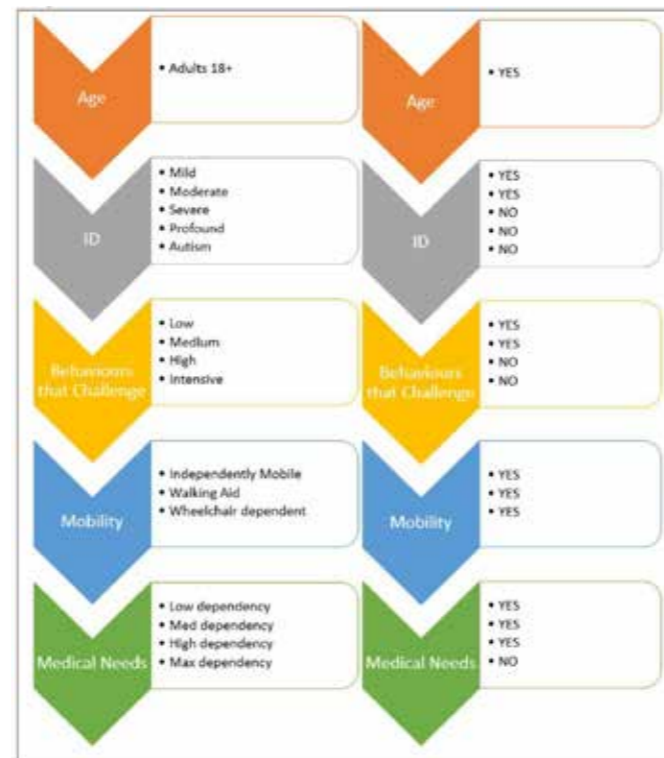
## ENABLE IRELAND - CRUMLIN AND RIALTO DAY SERVICE

### Description of service provided:

- We provide opportunities for people, primarily with a physical disability, to develop a range of options in the area of Advocacy, Personal Development, Supported Employment, Mainstream Education and Training.
- Services take a Person-Centred and New Direction's approach, as per HSE Policy, with individualised outcome- focused supports, to allow adults using our services to live a life of their choosing in accordance with their own wishes, needs and choice.
- Our Services are based on Partnership, Dignity, Respect and the Development of Choice for those who use our services. Each person is supported to access their community and valued social roles within their local/wider community are promoted.

### HSE CHO7 / East – Adult's Referral Criteria via HSE

The service is currently available to people who meet all of the following access criteria:



**GALRO**  
Guardian ad Litem & Rehabilitation Office

**CONTACT**

Sauna O'Kane  
Head of Care GALRO

087 1221376

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

**GALRO**  
The Derry,  
Station Road,  
Portarlinton,  
Co. Laois  
R32 WN15

## GALRO REHABILITATION SUPPORT SERVICE

Description of service provided (Include activities on offer): Our service supports individuals with independent living, mentor support, outreach and day to day social and economic integration into the local community. This support is provided by a mentor who provides encouragement and practical support, along with individualised person centred care planning, which encompasses supervision, guidance and support with daily living and access to social and economic activity. The mentor also works with the individual to identify and access economic life, leisure, social, vocational and educational programmes in the community.

### Profile of service users attending/criteria:

Adults who may have an intellectual disability or autism and are unable to live independently without support specific to their needs.

### Note on how the service adheres to New Directions, PCP Framework etc.

This rehabilitation support service applies natural community- based supports and mentor support in a mainstream setting, with the concept of a vision of behaviour support and social integration.

Existing community based professional resources and support structures will be coordinated with additional needs-led support provided by GALRO. Mainstream community-based activity of daily living/social activity is identified to promote practical skill development and social inclusion, while providing 1:1 supervision with specific behaviour support intervention.





**Gheel**  
Autism Services

**CONTACT**

Mick Teehan  
Director of Operations

michaelteehan@gheel.ie

086 1448724

www.gheel.ie

Unit 1-3,  
Ballymun Enterprise Centre,  
Ballymun Industrial Estate,  
Saint Margaret's Road,  
Dublin 11.  
D11 CVY6

## GHEEL AUTISM SERVICES TRANSITION SUPPORT SERVICE

The transition support service is an innovative outreach support service which offers support to autistic people. Support is offered through a partnership approach between the autistic person and a dedicated Autism Practitioner. Areas of support include Finding my Tribe, developing Self-support strategies, facilitating my Dream Career and developing independence or Going Solo.

Supports are developed with the goal of developing independence and developing sustainable support structures that ensure people can progress and thrive in life.

People supported will co-create support plans that are focused on the above areas. Below is a breakdown of what supports might look like under each category:

### Going Solo - we will support you to

- Harness assistive technology to support your independence
- Live in your home
- Control and manage your finances
- Manage your own schedule
- Stay safe in your community

### Finding My Tribe -we will support you to:

- Explore and develop positive relationships
- Explore and pursue your interests and passions
- Become active in your local community and enjoy all it has to offer
- Create opportunities for active citizenship

### Self-support Strategies – we will support you to:

- Develop positive stress management strategies
- Maximise your positive wellbeing
- Nurture your network of support
- Gain greater understanding of your own autistic profile

### My Dream Career – we will support you to:

- Explore career opportunities
- Find your dream job Progress your career
- Ensure that you have the necessary training and education required to further your dream career



**HEADWAY**  
Brain Injury Services & Support

**CONTACT**

Lyndsay O'Toole  
Community Programmes  
Manager

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www.headway.ie

Headway,  
Ace Enterprise Park,  
Bawnogue Road,  
Bawnogue,  
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## HEADWAY CLONDALKIN

**Description of service provided (Include activities on offer):** Our Day Rehabilitation Programme was established in 2002 and currently has locations in Clondalkin and Blackhall Green. The service is open 5 days a week

We offer therapeutic and rehabilitative activities and groups for people recovering from an acquired brain injury. Our groups and activities are across a broad range of subjects including but not limited to art and design, brain injury education, cognitive rehabilitation, vocational rehabilitation, wellbeing and mindfulness. We aim to provide a safe and supportive space where the members can enjoy shared learning, peer support and a social outlet.

Profile of service users attending/criteria:

- We will accept a referral from you or your family member or carer or professional working on your behalf. You must have evidence of an Acquired Brain Injury that is not progressive, including stroke. When we receive your form, we consult your medical records. This is to obtain further information about the nature of your brain injury.
- You must be aged 18 and above.
- You can find our referral form on www.headway.ie. You must be medically stable. Headway does not administer or monitor any invasive medical procedures (e.g. feeding tubes, Foley catheters, injections etc.). Participants must meet the inclusion criteria for an ABI as set out in Headway's Policy on Client Entry.
- We work alongside the HSE Day Opportunities Team in respect of referrals also.

### Note on how the service adheres to New Directions, PCP Framework etc.

Headway adheres to the New Directions approach to day services and our aim is to support clients to maximize their independence and to ensure engagement in meaningful activities. Each client upon entry to the service will be allocated a Key Worker who will support on their journey in Headway.





An Clár Éabha - EVE

## CONTACT

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## HSE EVE SERVICES EVE TUISCINT HUB

Tuiscint HUB supports autistic adults to live their lives based on their own personal goals. The service offers a range of supports to enable each person to live a healthy, fulfilling, and independent life.

At Tuiscint HUB, we focus on peoples' knowledge, skills, personal resources and social supports. We are passionate about creating opportunities to empower individuals to live the life of their choosing.

We support individuals to be active citizens in their local communities and to develop natural supports. This is achieved through a combination of centre and community modules & activities.

Our practices reflect the standards set out in the HSE's New Directions approach.

Description of service provided: We provide a range of meaningful activities and programmes that support and encourage individuals to set and achieve personal goals. The programme focuses on individual needs in the areas of:

- Personal Development Modules (Understanding Autism, Minding My Anxiety, Bulling etc.),
- Independent Living Skills,
- Sensory Profiling,
- Media Skills,
- Men's Health,
- Women's Group,
- Typing skills,
- Drama,
- Creative Writing,
- Community Mapping and Networking,
- Gym,
- Rowing,
- Employability Programme,
- Advocacy

Applicants: The programme is available to autistic adults, who are aged 18 years and over, who require support to achieve personal goals and are interested in the programme on offer. Our application form can be downloaded from the following Website: [www.eve.ie](http://www.eve.ie) or alternatively contact the local Day Opportunities Team who can support with the application.



## CONTACT

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Services Manager

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– Neysa  
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## IRISH WHEELCHAIR ASSOCIATION

### SCHOOL LEAVERS SERVICES

The School Leavers Service supports people to lead full, active and independent lives in their own communities. IWA became aware that school leavers and Rehabilitative Training graduates who did not engage in work or access services were at risk of becoming isolated from their community. To bridge that gap the IWA developed a programme that provides a person with opportunities and supports to:

- Partake in age-appropriate social and recreational events.
- Develop daily living skills and increase their independence.
- Identify and achieve personal goals.
- Access information on community services and facilities
- Take part in QQI accredited and informal training programs.
- Access educational opportunities and or work experience.

Life Skills Development	Exercise and Wellbeing	Active citizenship and Social Skills
<ul style="list-style-type: none"> <li>• Personal hygiene</li> <li>• Domestic life skills, including cooking program</li> <li>• Money handling and budgeting</li> </ul>	<ul style="list-style-type: none"> <li>• Physical exercise</li> <li>• Mindfulness</li> </ul>	<ul style="list-style-type: none"> <li>• Using local transport</li> <li>• Going out in your community</li> <li>• Effective communication</li> <li>• Interpersonal skills</li> </ul>

### Profile of service users attending/criteria:

The Irish Wheelchair Association provides services for people aged between 18 and 65 with a primary physical and / or sensory disability. The service provides a person-centered program with a strong emphasis on personal development.

### Referral is easy:

- Self-referral, contact Service Coordinator
- HSE via the local Day Opportunities Service

### Note on how the service adheres to New Directions, PCP Framework etc.

The school leaver service offers a menu of community options which provides a new model of service in line with the HSE's New Directions Interim Standards that supports people to make choices about how they wish to engage in everyday activities in their communities, which is essential for a person's health and well-being. The Model promotes choice, independence with a real focus on active citizenship and real community engagement.




**Kare**  
Promoting Inclusion  
for People with  
Intellectual Disabilities


**CONTACT**

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Newbridge Industrial Estate,  
Newbridge,  
Co Kildare



## KARE ADULT LOCAL SERVICES

Description of service provided (Include activities on offer): Kare provides day services known as local services in Newbridge, Naas, Clane, Prosperous, Johnstown, Kilcullen, Kildare Town, Athy, Blessington, Baltinglass, Tinahely and Edenderry.

From these 'local services' Kare provides opportunities to participate in both its Rehabilitative Training and Day service programmes. These services focus on community engagement through its Lifelong Learning, Personal Supports and Supported Employment. Service Users have the opportunity to participate in opportunities with regards to health and wellbeing through sport and recreation.

Kare also supports people through its Outreach service to live the lives of their choice in their own communities.

### Profile of service users attending/criteria:

Kare's criteria is that you have an Intellectual Disability, live within its catchment area and have access to a placement allocation via the HSE's Day Opportunities Service.

### Note on how the service adheres to New Directions, PCP Framework etc.

Kare fully adheres to the HSE's New Directions Policy within both its day and outreach services. Kare internally monitors the provision of New Directions with support from the HSE's Day Opportunities Service. Each Service User is supported to complete and put in place a plan yearly that is updated and developed based on their wishes and dreams.




**MUIRÍOSA  
FOUNDATION**


**CONTACT**

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 Muiriosa.ie



Millstream Community  
Day Services,  
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Monasterevin,  
Co. Kildare.

## MUIRIOSIA FOUNDATION

### KILDARE DAY SERVICE

### Description of service provided (Include activities on offer):

Millstream Hub is a Community Day Service under the auspices of the Muiriosa Foundation South Kildare Services.

Millstream Day Service fosters an environment that is person centered promoting maximum potential for inclusion by affording individuals the vision and opportunity to lead valued, connected and supported lives within their community.

Community-based activities involved in connecting individuals to their local community are pursued. Examples include accessing KWETB and LOEB training courses, linking with Kildare and Laois Sports Partnership for health and wellbeing, life skills training and work preparation skills and linking with Tidy Towns and local schools and groups to get involved with community projects. We carry out weekly community audits to provide person centered and individualised supports for individuals accessing community-based activities.

### Profile of service users attending/criteria:

Millstream is a service for individuals who have a Moderate Intellectual Disability

We are in the process of expanding and building capacity for new school leavers

### Note on how the service adheres to New Directions, PCP Framework etc.

Since early 2019, Millstream has engaged in a New Directions led self-evaluation. Under the HSE's Interim Standards for New Directions Services and Person-Centered Planning Framework, services and supports for Adults with Disabilities was formed whereby individuals with disabilities were involved in the design, delivery, monitoring and evaluation of their service and supports. The actions from these self-evaluation audit tools are implemented to improve the quality of service delivery.



## NATIONAL LEARNING NETWORK BALLYFERMOT/TALLAGHT

**Description of service provided (Include activities on offer):** The Access Programmes and Hub Services in NLN Tallaght and Ballyfermot are designed to provide a mix of social skills, personal effectiveness, and career exploration. The team work in partnership with parents, families and other professionals in meeting the needs of the individuals. Person-centred planning allows individuals to engage in a range of broad and balanced experiences.

The core content is very flexible and includes:

- Induction & Assessment
- Team Building
- Practical Life Skills
- Creative Skills
- Personal Development
- Communications
- Work Placement
- Health Education
- Leisure Planning
- Career Planning
- QQI Certification
- Compensatory Education
- Digital Technology Skills

**Profile of service users attending/criteria:**

School-leavers (aged 18-25 years) who may have experienced some difficulty with learning.

**Note on how the service adheres to New Directions, PCP Framework etc.**

The Access programmes operate out of our training centers in Ballyfermot and Tallaght. Community-based activities outside of the center include; local allotment, volunteering (e.g. with charity shops) and engaging with community services (e.g. community centers, local education facilities, libraries etc.). This high level of participation in community activities is central to the programmes and help to foster greater independence as well as helping to identify aspirations and future life goals.

### CONTACT

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Area Manager



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## NATIONAL LEARNING NETWORK NAAS/MAYNOOTH/ATHY

**Description of service provided (Include activities on offer):** The Advance Programme provides students with the opportunity for personal, social and life skills development, which will lead to greater independence and enhanced participation in their own communities. It particularly suits school leavers who are starting out in adult life.

The core content is very flexible and includes:

- Induction & Assessment
- Team Building
- Practical Life Skills
- Creative Skills
- Personal Development
- Communications
- Work Placement
- Health Education
- Leisure Planning
- Career Planning
- QQI Certification
- Compensatory Education
- Digital Technology Skills

**Profile of service users attending/criteria:**

School-leavers (aged 18-25 years) who may have experienced some difficulty with learning.

**Note on how the service adheres to New Directions, PCP Framework etc.**

The Advance programme is based in our education centers in Naas, Maynooth and Athy. However, community-based activities outside of the center form an important and large element of the programme. This includes activities such as gym attendance, volunteering (e.g. with Tidy Towns), engaging with community services (e.g. community centers, local education facilities, libraries etc.) and participation in local clubs and groups (e.g. sports, arts, computer coding etc.). This high level of participation in community activities is central to the programme and helps to foster greater independence as well as helping to identify aspirations and future life goals.

### CONTACT

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Area Manager



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**Réalta Health Care**

**CONTACT**

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Director of Operations



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**Realta Hub,**  
Whitestown Business Park,  
Tallaght,  
Dublin 24.

**Réalta Health Care  
RÉALTA HUB**

**Description of service provided (Include activities on offer):** Our Adult Day Service is based in Whitestown Business Park, Tallaght, Dublin 24 guided by the New Directions Standards. Our Services focus on empowerment, continuity, inclusion and meaningful social roles. We support all individuals with achieving their goals, including educational courses in their community or topics such as independent living skills, money management, self-advocacy and social skills. Vocational skills including creating a CV, completing work experience, volunteering, and interview skills are some people's focus when they attend our services. Other objectives include being an active member of the community and engaging in daily activities, including yoga, swimming, bowling and socializing.

Our team work closely with each individual, preparing them for taking on opportunities further afield and outside the realms of the day center. We encourage and support individuals at various stages of their lives to participate in opportunities with regards to health and wellbeing through sport and recreation

**Profile of service users attending/criteria:**

Our Day Services support Adults with Mild to Moderate Intellectual Disabilities, ADHD, Autism-Spectrum Disorder and Mental Health Disorders but not limited to this. The service users that we support are of school-leaver age, usually from 18 years plus. Many individuals utilize such services as a stepping stone towards independent living and gaining specific skills to reach your goals in life. To make this happen, we work within a person-centered approach using their immediate circle of support where appropriate, with a range of healthcare professionals and community-based services. Our services are guided by and delivered in line with the HSE's 'New Directions', which empowers individuals to make choices and plans to support their own personal goals by incorporating this into their PCP plan.

**Note on how the service adheres to New Directions, PCP Framework etc.**

At Réalta we are committed to ensuring that the New Directions Standards and Person-Centered Planning Framework are implemented across all of our Day Services. We believe that our Day Services should take the form of individualised outcome-focused supports to allow adults using our services to live a life of their choosing in accordance with their own wishes, needs and aspirations. Our values of Compassion, and Respect underpin all supports offered to the individuals who attend our service. We promote the philosophy of empowerment, capacity building and place each individual at the center of all decision-making in relation to their own life choices to secure better outcomes for their future while supported in a safe and secure environment.



**RehabCare**

Investing in People, Changing Perspectives

**CONTACT**

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Manager



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**RehabCare Ballyfermot**  
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**REHABCARE  
BALLYFERMOT**

**Description of service provided (Include activities on offer):**

RehabCare Ballyfermot is a Day Service providing support to individuals with intellectual, physical and mental health challenges. We provide a welcoming social space to support people to learn new skills, increase their self-confidence and to access the workforce and/or further education in an atmosphere of camaraderie and friendship.

We provide activities and programmes to promote personal development and community independence as well as social and leisure opportunities. We promote choice and individual empowerment as well as good health and overall physical and mental well-being.

We have a strong therapeutic focus in our service with art, crafting, woodwork, gardening and music therapy among some popular choices.

**Profile of service users attending/criteria:**

People attending present with intellectual, physical, and/or mental health challenges. The age profile ranges from 30s to 65+

**Note on how the service adheres to New Directions, PCP Framework etc.**

People attending have access to iPlanit; RehabCare's person centred planning software. Here support plans, person centred plans and keyworker meetings are accessible. Individuals personal goals are discussed and documented in keyworker meetings and actions and outcomes are all recorded on iPlanit. Service meetings are held regularly where people attending can plan for their week ahead and make suggestions about what they would like from their service. Active Citizenship and Self-Advocacy is promoted within the service.



# RehabCare

Investing in People, Changing Perspectives

## CONTACT

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Regional Manager



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Kildare Resource Centre  
Unit 1A,  
Kildare Town Centre  
Claregate Street  
Kildare

## REHABCARE KILDARE RESOURCE CENTRE AND AIRDE NUA HUB

### Description of service provided (Include activities on offer):

RehabCare Kildare operate a resource center and school leaver Hub providing support to individuals with intellectual, physical and mental health challenges. We provide a welcoming social space to support people to learn new skills, increase their self-confidence and to access the workforce and/or further education in an atmosphere of camaraderie and friendship.

We provide activities and programmes to promote personal development and community independence as well as social and leisure opportunities. We promote choice and individual empowerment as well as good health and overall physical and mental well-being.

Within our Áirde Nua Hub we have a strong focus on community inclusiveness and access to employment and education opportunities.

### Profile of service users attending/criteria:

People attending our services present with intellectual, physical, and/or mental health challenges. The age profile ranges from 18+

### Note on how the service adheres to New Directions, PCP Framework etc.

People attending have access to iPlanit; RehabCare's person centred planning software. Here support plans, person centred plans and keyworker meetings are accessible. Individuals personal goals are discussed and documented in keyworker meetings and actions and outcomes are all recorded on iPlanit. Service meetings are held regularly where people attending can plan for their week ahead and make suggestions about what they would like from their service. Active Citizenship and Self-Advocacy is promoted within our services.



# Resilience HealthCare

## CONTACT

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Manager



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&  
Poplar Square,  
Naas,  
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## RESILIENCE HEALTHCARE CLANE & NAAS

### Description of service provided (Include activities on offer):

There are currently two New Directions Adult Day Services based in Clane and Naas Town Centre, Co. Kildare. Our community services focus on empowerment, positive risk taking, community inclusion and meaningful social roles. We support some individuals with educational goals, including educational courses in their community or ASDAN courses on topics such as independent living skills, money management, self-advocacy and social skills. Vocational skills including creating a CV, completing work experience, volunteering, and interview skills are some people's focus when they attend our services. Being an active member of the community and engaging in movement, including horse riding, geocaching, yoga, Zumba, swimming, bowling and expanding group experiences.

Creative outcomes are also explored, through cooking, baking, playing board games and making artwork using different textures and materials.

Community Inclusion and making local connections to create and maintain meaningful active social roles is a daily focus for the people we support.

### Profile of service users attending/criteria:

Our Day Services support adults with intellectual, physical, and sensory disabilities including Autism-Spectrum Disorder. Many of the young people we support are school-leaver age, usually from 18-25 years old.

### Note on how the service adheres to New Directions, PCP Framework etc.

We offer progressive solutions which focus on empowerment of our service users, rather than limiting their experiences of life. Using a person-centered approach, Resilience Healthcare supports individuals within our services to develop and achieve individualised outcomes that are important to them. Each person will create a personal pathway that defines their daily routine to achieve their personalized individual outcomes.



## ST JOHN OF GODS LIFFEY SERVICES DUBLIN DAY SERVICES

Dublin Day Service (DDS) currently supports 262 adults with Intellectual disabilities across 13 Day Service locations. DDS are committed to supporting people to live a life of their choosing and we are guided by the Interim Standards for New Directions Services for Adults with Disabilities.

### Adult Day Services

Our Adult Day Services support the men and women to partake in Lifelong Learning, Employment opportunities, Sport and Recreational activities and opportunities that are in line with their will and preference and person-centred plan.

### School Leaver Programmes

Our School Leaver Programmes runs for 4 years. The primary focus in training, education and employment. These programmes are suitable for 18 – 23 year old's who wish to undertake QQI courses and explore employment opportunities and skills teaching.

### Profile of service users attending/criteria:

We support adults over the age of 18 with a diagnosis of an Intellectual Disability.

### Note on how the service adheres to New Directions, PCP Framework etc.

SJOG are committed to ensuring that the New Directions Interim Standards and Person-Centered Planning Framework are implemented across all of our Day Services.

We believe that our Day Services should take the form of Individualised outcome-focused supports to allow adults using our services to live a life of their choosing in accordance with their own wishes, needs and aspirations.

The SJOG values of Hospitality, Compassion, and Respect underpin all supports offered to the individuals who attend our service. SJOG promote the philosophy of empowerment, capacity building and the realization of individual's rights, and places each individual at the center of all decision-making in relation to their own life.



### CONTACT

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Programme Manager



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## ST JOHN OF GODS LIFFEY SERVICES KILDARE DAY SERVICES

Kildare Day Service (KDS) currently supports 235 adults with Intellectual Disabilities living in North Kildare and West Dublin. KDS are committed to supporting people to live a life of their choosing and we are guided by the Interim Standards for New Directions Services for Adults with Disabilities.

### Adult Day Services

Our Adult Day Services support the men and women to partake in Lifelong Learning, Employment opportunities, Sport and Recreational activities and opportunities that are in line with their will and preference and person-centered plan.

### School Leaver Programme

Our School Leaver Programmes run for 4 years. The primary focus is training, education, and employment. These programmes are suitable for 18 - 23 year old's who wish to undertake QQI courses and explore employment opportunities and skills teaching.

### Profile of service users attending/criteria:

We support adults over the age of 18 with a diagnosis of an Intellectual Disability.

### Note on how the service adheres to New Directions, PCP Framework etc.

SJOG are committed to ensuring that the New Directions Interim Standards and Person-Centered Planning Framework is implemented across all our Day Services. We believe that our Day Services should take the form of Individualised outcome-focused supports to allow adults using our services to live a life of their choosing in accordance with their own wishes, needs and aspirations.

The SJOG values of Hospitality, Compassion, and Respect underpin all supports offered to the individuals who attend our service. SJOG promote the philosophy of empowerment, capacity building and the realization of individual's rights, and places each individual at the center of all decision-making in relation to their own life.



### CONTACT

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Day Service  
Programme Manager



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## ST MICHAEL'S HOUSE

### Description of service provided (Include activities on offer):

St Michaels House provides a range of day services to meet the needs of adults with an intellectual disability. We provide these services in line with New Directions. This also incorporates Person Centred Planning.

Service users are supported to participate in community based educational training, employment and social and recreational activities. There are a variety of day services that deliver these supports e.g. Education and Training Centers, Local Centres and Hubs.

The educational opportunities for people include QQI courses that cover a range of subjects such as healthy eating, get active get fit, know your money, drama, My choice and My Safety. Local Centers offer training programmes through Cosan which enables people to develop skills in line with New Directions. The Hub services are very individualised and empower young adults to be active members in their local community through education, employment and recreational activities.

### Profile of service users attending/criteria:

St Michaels House provides a range of day services to meet the needs of adults with an intellectual disability.

### Note on how the service adheres to New Directions, PCP Framework etc.

St Michaels House service and supports are underpinned by the New Directions approach. St Michaels House uses a person-centered approach where services are planned and delivered with the active involvement of the people who use the service. The day service focuses on supports to all adults using the service to live a life of their choosing.

In accordance with their wishes, aspirations and needs. St Michaels House complete the New Directions led self- audit which identifies areas of success and areas of improvement. The actions developed from the audit tool are worked on to continuously improve quality of delivery of service delivery.

### CONTACT

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Service Manager

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## STEWARTS CARE

Stewarts Care Day Services provide adults with an opportunity for further growth and personal development, ensuring they live a life full of choice, freedom and support that reflects each individual's dreams and aspirations. Individuals are provided with opportunities to develop skills that will empower them to reach their full potential. We promote growth and personal development for each person we support, focusing on life- long learning and building independence with an emphasis on promoting personal skills, learning, progression, recreational and community-based activities.

We support young adults in their transition from Children's Services to Adult Services, ensuring a positive experience of transition through appropriate planning. Stewarts Care provide services to people with an intellectual disability and physical or sensory support needs. In line with New Direction Guidelines, a person-centred approach is utilized in all day service programmes.

Day service hubs support individuals to access their local services and to be active citizens in their own community. All programmes follow the ASDAN curriculum 'Towards Independence' training programme which provides individuals with a framework of activities to develop and accredit personal, social, work-related, and independent living skills.

### Day Service Hubs

Stewarts Care currently has a network of hubs throughout Palmerstown, Ballyfermot, Clondalkin Village, Rossecourt, Lucan Village, Greenhills & Rathfarnham. These hubs provide a person-centred service, where the individuals we support are encouraged to connect with their community, become active citizens and enjoy an inclusive and enriching life experience. In 2024 we plan to open two new programmes in hubs in Crumlin and Walkinstown.

### The Rise and Level Up Programmes

The Level Up Programme is located in Rossecourt Resource Centre, Lucan, Co. Dublin. This is a 4 year educational programme, which provides practical and personal skills training to maximize independence at home and in the wider community. The Level Up Programme offers accredited education that supports progression to further education or training (QQI level 3). The Rise Programme provides training in independence and life- skills training.

### Equine Therapy Hub in Kilcloon

The Equine Therapy Hub offers equine therapy through an equine assisted intervention called the 'Horse Boy Method'. This method is proven to focus on Training and Education, Confidence and Responsibility, Companionship and promoting a Therapeutic Environment.

The purpose of the Equine Therapy Hub is to deliver a needs lead person-centred service for children and adults with intellectual disabilities and autism.

### CONTACT

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# WALK

## WALK DOING ORDINARY THINGS, IN ORDINARY PLACES

### Description of service provided (Include activities on offer):

WALK supports individuals on their own unique journey empowering each person to acquire the knowledge and skills to live a life of their choosing. WALK strives to support a wide range of individual needs and aspirations. It emphasizes a holistic approach and focuses on assisting individuals in making informed choices. Inclusion in one's local community is a fundamental aspect of the services provided. WALK places a strong emphasis on maximizing independence to foster self-sufficiency in daily life and within the community. WALK aims to gradually reduce our involvement in people's lives and help build the skills to be as independent as possible. Personal and social development are encouraged, enabling individuals to build essential life skills and relationships. WALK strongly encourages education and formal learning and offers access to bridging programs for vocational training leading to work opportunities, to facilitate a seamless transition into the workforce and meaningful employment.

### Profile of service users attending/criteria:

WALK supports individuals with mild/moderate intellectual disabilities and/or Autism.

Criteria to avail of particular programs;

- Interest/potential or ability to independently travel to and from day service/employment.
- Interest in furthering independence skills in community and at home, attending further education formal or informal and/or gaining meaningful employment.

### Note on how the service adheres to New Directions, PCP Framework etc.

WALK aligns its practices and services with the guidelines and principles outlined in the New Directions and PCP Framework. This includes promoting person-centered care, enhancing individual choice and control, fostering community inclusion and ensuring quality and safety in all aspects of support. Each individual will have a Keyworker who is responsible for creating a vision with the individual and their circle of support. The keyworker will then develop a schedule with the individual in line with the person's goals and vision. By following these policies and implementing the frameworks, WALK aims to enhance the lives of individuals with disabilities, empower them to make decisions about their own lives and create an inclusive and supportive environment that respects their rights and dignity.

### CONTACT

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& Tim McGowen  
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- WALKs Day Supports



referrals@walk.ie



www.walk.ie



Day Support  
locations across  
South and  
North Dublin



### CONTACT

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YAT Manager



YATadmin@kare.ie



087 6824240



Disability Services - HSE.ie



St Johns Court  
St Johns Grove  
Johnstown  
Co. Kildare W91Y074

## Young Adults Team

The Young Adults team is a disability team, that provide multi-disciplinary clinical support to young adults with complex needs who live or attend a day service in ChO7.

The team comprise of a Team Manager, Admin Support, Occupational Therapy, Speech and Language Therapy, Clinical Psychology, Physiotherapy, Behaviour Support Therapy and Social Work.

The Young Adults team work collaboratively with the young person, their families and day service providers to support the person referred, to achieve their goals within a person - centred framework.

### Criteria for referral to the Young Adults team (Currently under review as at March 2024):

- Individual must be 18 years of age.
- Individual has left school in the last 3 years or 5 years where the capacity of the team allows.
- Individual attends a day service or lives in the CHO7 catchment area.
- Individual presents with "complex needs" that significantly impacts on their physical, social, emotional, communication and/or behavioural domains. The individual's level of disability requires support from a multi-disciplinary team and their needs cannot be met within the framework of a Primary Care service.
- Individual is not accessing support from another clinical team.

We accept referrals from individuals, families, day services or professionals. Please contact the team for more information. You can download our referral form on:

Disability Services - HSE.ie  
Young Adults Team (YAT) | CHO7 Children's Disability Network Teams (cho7cdnt.ie)



Further Information and Services available in CHO7	
Athy Community Family Resource Centre	Woodstock Street, Townparks, Athy, Co. Kildare. Tel: 059 8632899
Athy Social Prescribing	Kildare Community Development Centre, Meadow Road, Kildare Town, Co. Kildare. R51 RF88. Tel: 045 895450 sarah@countykildarelp.ie
Ballyfermot Chapelizod Partnership	4 Drumfinn Park, Ballyfermot, Dublin 10. info@bcpartnership.ie
Carline Learning Centre (Peter McVerry Trust)	Lynch Lane, Balgaddy, Lucan Co. Dublin. Tel: 01 6249965 referrals@pmvtrust.ie
CDETB, Disability Support Officers	Ballyfermot College, Ballyfermot, Dublin 10 Tel: 087 9678134 ronan.gilmurray@nln.ie
Cherry Orchard Equine Centre	reception@cherryorchard.ie
Extern – Family Support	<a href="https://www.extern.org/">https://www.extern.org/</a>
Kildare & Wicklow ETB	<a href="https://kildarewicklow.etb.ie/fet/whats-in-my-area/">https://kildarewicklow.etb.ie/fet/whats-in-my-area/</a>
Kildare Autism Network	<a href="https://www.kildareautismnetwork.ie/contact/">https://www.kildareautismnetwork.ie/contact/</a>
Kildare Leader Partnership	<a href="https://www.countykildarelp.ie/">https://www.countykildarelp.ie/</a>
Mid Kildare Network Disability Team	Enable Ireland Building, Jigginstown, Naas, Co. Kildare. Tel: 045875676
Naas Youthreach	Jigginstown Commercial Centre, Newbridge Road, Naas West, Naas, Co Kildare. Tel: 045888938
National Learning Network	<a href="https://rehab.ie/national-learning-network/centres/national-learning-network-naas/">https://rehab.ie/national-learning-network/centres/national-learning-network-naas/</a>
North Kildare Network Disability Team	2nd Floor, Celbridge Primary Care Centre, Maynooth Road, Celbridge, Co. Kildare. W23 YK24. Tel: 01 9214127
South Kildare Network Disability Team	1st Floor, Kildare Primary Care Centre, Old Dublin Road, Kildare Town, Co Kildare. Tel: 045 908644



