

Where to go next



A handbook of services, supports and opportunities for people with disabilities and their families in the Sligo / Leitrim Area

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Introduction

“Where to go next” has been written for people with disabilities and their carers in the Sligo /Leitrim area and is published by the HSE Sligo/Leitrim Disability and Autism Services and Sligo Citizens Information Service. It gives you clear information about services, supports and opportunities to help you make choices and live the life you want.

It has been written in 10 easy chapters. Each chapter gives information about a different part of life, such as leisure and social activities, housing and money. It includes information about disability services, but also about the support you can have to do everyday things and how you can get more help and advice. The information has been produced with you in mind.



Photosymbols have been used in this handbook because this helps some people understand the words better

We gratefully acknowledge the contributions from Kate McSherry, student on the Higher Certificate in Arts in Advocacy Services, Ann McHugh, Rehab Care for the front cover artwork and the support of the Citizens Information Board.

We recognise that there may be many other organisations in Sligo/Leitrim who can give you information and support, but we hope you find this handbook a useful starting point. Please note the information in this handbook was correct to the best of our knowledge at time of print in November 2011.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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Sligo Citizens Information Service and the Citizens Information Board

Getting Support

You or your carers might need a bit of help sometimes to do the things you want to do. This might be around the house, or to help you make your choices happen or support to be more independent.



If you think that having some extra support would be helpful, then the first thing to do is to contact:

	HSE Info Line 1850 24 1850
Learning Disability and Autism Services, HSE West, Sligo/Leitrim	071 915 5179
Sligo Citizens Information Service	0761 076390
Leitrim Citizens Information Service	0761 075670
National Advocacy Service for People with Disabilities (NAS) (see page 14 for regional contacts)	086 0201095 (Regional Manager)
Physical and Sensory Disability Services, HSE West, Sligo/Leitrim	071 913 5001
Mental Health Services, HSE West, Sligo/Leitrim	071 914 2111

CHILDREN'S SERVICES

HSE West Early Intervention Team

If a child presents with delays in two or more areas of development, the Early Intervention Team will arrange for assessment and diagnosis where possible between the ages of 0 to 6 and provide a Care Plan. This Care Plan will be reviewed on a regular basis in partnership with parents to address the developmental needs of the child.

HSE West Counsellor for Special Needs Service

There is a Counsellor for Special Needs Service which can come to your home to provide support for children with Special Needs. This includes children who have a learning/physical & sensory disability in the 0 – 18 year age group.

This service will inform parents and carers of choices in relation to their child's needs.

Contact: Senior Counsellor-Special Needs,
Sligo/Leitrim/West Cavan

Tel: 071 9144474

Two support groups can be accessed through the HSE West Counsellor for Special Needs Service, Sligo/Leitrim

“**Little Gems**” Parent and Toddler Support Group, Sligo

Tel: 071 9144474

“**Little Hearts**” Parent and Toddler Support Group, Leitrim

Tel: 071 9650311

HSE West Children's Autism Service

The aim of the Autism Service is to assist children and young adults with Autism Spectrum Disorder to develop the highest level of independence and social skills in daily living.

Contact: Autism Manager **Tel:** 071 9144501

Support with Parenting

Parents Support Network Sligo

A voluntary organisation which aims to provide a mutual support system for families or children of all abilities. The group ethos is that they welcome all, all conditions, all perspectives. Parents can be added to the mailing list by emailing or texting their name, address, mobile number to:

Email: parentssupportnetwork@hotmail.com

Tel: 085 2202002

Rainchild Network

This network provides an autism spectrum disorder information magazine for families, individuals, teachers and groups in the North West of Ireland. Contact details are found at the bottom of their website.

Website: www.rainchild.ie

After-school Services – “Childhood Days”

Childhood Days is a voluntary service for children with special needs and their parents/guardians to provide equal opportunities and integrated extra-curricular services. (see page 58 of this publication)

Contact: Elish Winters

Tel: 071 964 0887

Email: childhooddays1@eircom.net

County Childcare Committees

Their aim is to offer services to parents, such as providing information on local childcare facilities, helping parents to find a crèche or Montessori School and information of parent networks and childcare schemes.

Tel: Leitrim Childcare Committee 071 9640870

Tel: Sligo Childcare Committee 071 914 8860

Family Resource Centres (FRC's)

FRC's provide family support, information and advice at local level, provide practical assistance to community groups, provide education courses and training, after-school clubs and other family supports.

Sligo:

Tel: Sligo Family Centre 071 914 6315

Tel: Ballymote FRC 071 918 9876

Tel: Easkey FRC 096 49008

Tel: Tubbercurry Family & Childcare Resource Centre 071 918 6926

Leitrim:

Tel: Breffni Community Development Company Ltd 071 9622566

Tel: Mohill Family Support Centre 071 9631253

Other Support Groups for families of children with a Learning Disability and /or Autism:

Information on Specific Conditions

A website for children and adults and their families which contains information on over 300 conditions.



www.familyvillage.wisc.edu

Inclusion Ireland

Inclusion Ireland is a national voluntary organisation working to promote the rights of people with an intellectual disability in Ireland to ensure their full and equal participation in society.

Contact: Unit C2, The Steelworks, Foley Street, Dublin 1.

Tel: 01 8559891



Family Caring Trust

Family Caring Trust is a Charity to support and empower parents by providing practical, skill-based resources to improve family relationships. The Trust operates on a client-oriented, non-profit basis and is committed to never owning property.



Contact: 44 Rathfriland Road, Newry, Co. Down. BT34 1LD

Email: office@familycaring.co.uk

Tel: 028 3026 4174

Jack and Jill Children's Foundation

Provide support to children from birth to 4 years with significant disability identified at birth.

Contact: Jack and Jill Children's Foundation, Johnstown Manor, Johnstown, Naas, Co Kildare

Tel: 045 894538/894660

www.jackandjill.ie



Share A Dream Foundation

Make dreams come true for children with life threatening illness. Organise concerts, parties, camps and holidays for all children with illness and disability.

Tel: 061 343 434

www.share-a-dream.ie



The Sibling Support Project



The Sibling Support Project, believing that disabilities affect the lives of all family members, seeks to increase the peer support and information opportunities for brothers and sisters of people with special needs and to increase parents' and providers' understanding of sibling issues.

www.siblingsupport.org

Enable Ireland National Services

Enable Ireland was founded as *Action on Disability* Cerebral Palsy Ireland. Enable Ireland provides free services to children and adults with disabilities and their families from 40 locations in 14 counties. Our services for children and their families cover all aspects of a child's physical, educational, and social development from early infancy through adolescence. For adults we offer a range of services covering personal development, independent living, supported employment, social and leisure activities.

Enable Ireland

Contact: 32F, Rosemount Park Drive, Rosemount Business Park, Ballycoolin Road, Dublin 11

Tel: + 353 (0)1 8727155

Fax: + 353 (0)1 8665222

Email: communications@enableireland.ie

Irish Autism Action

Irish Autism Action is a young dynamic, innovative and passionate organisation formed in 2001 which is bringing



positive change into the lives of those affected by autism. The range of services which Irish Autism Action provides includes awareness raising, early detection diagnosis, education support, advocacy, counselling, helpline, home based support, transition planning, social housing, research information and advice for families upon receiving diagnosis. Irish Autism Action is an umbrella organisation with over 40 member groups and also individual members.

Tel: 044 9331609

Email: info@autismireland.ie

www.autismireland.ie

Irish Society for Autism

The Irish Society for Autism was formed with the goal of creating awareness of autism and convincing the authorities that early diagnosis and specialised education



would greatly enhance the quality of life for people with Autism.

Contact: Unity Building, 16/17 Lower O'Connell St., Dublin 1.

Tel: 01 8744684

Fax: 01 8744224

Email: autism@isa.iol.ie

www.autism.ie

PAPA (Parents and Professionals & Autism)

Autism NI (PAPA) is a parent led partnership organisation having been formed to promote positive collaboration between parents, professionals and individuals with Autism to address the need for appropriate services. This partnership ethos extends to the Charity's promotion of a multi disciplinary, cross agency response to issues such as assessment, diagnosis and intervention. The Charity's mission to support parents and individuals with an Autistic Spectrum Disorder is core to its work and is based on individualised assessed need.



Contact: Resource Centre, Donard, Knockbracken Healthcare Park,
Saintfield Rd., Belfast BT8 8BH

Tel: 048 9040 1720

Email: Info@autismni.org

Positive Futures

Positive Futures services are a community-based organisation and are all about partnership working. They involve people with a learning disability in decision-making and provide them with opportunities to manage their own lives and be included in community life on their own terms.



Contact: 2b Park Drive, Bangor, BT20 4JZ

Tel: 048 9147 5720

Email: info@positive-futures.net

Aspire (Asperger Syndrome Association of Ireland)

The mission of aspire – The Asperger Syndrome Association of Ireland, is to support people with Asperger Syndrome (AS) to lead full and independent lives. Aspire was established by a small number of parents in 1995 to provide support for those with the syndrome and their families, and to encourage and undertake research into the condition.



Contact: Coleraine House, Carmichael Centre, Coleraine Street,
Dublin 7.

Tel: 01 8780027/878 0029

Fax: 01 8735283

Email: admin@aspire-irl.org / development@aspire-irl.org

www.aspire-irl.org

Adults with Learning Disability

There is a wide range of services available for adults with disabilities provided by statutory agencies such as the HSE West Disability Services and voluntary organisations.

Learning Disability Service, Adult Referral Committee

This Adult Referral committee is responsible for helping people to access the service they need. The Assessment & Placement Officer will help person with Learning Disability.

Contact: Assessment and Placement Officer

Tel: 071 9155179

Useful Contacts

Citizens Information Centres:

Citizens Information 

Public Service Information

Provided by the Citizens Information Board

The Citizens Information Board is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services.

It provides the Citizens Information website, www.citizensinformation.ie, and supports the voluntary network of Citizens Information Centres, the Citizens Information Phone Service 0761 074000, the Money Advice and Budgeting Service (MABS) National Helpline 0761 072000 and the National Advocacy Service.

SLIGO CIS

Contact: Unit 3 & 4, Bridgewater House, Rockwood Parade, Sligo
Tel: 0761 076390

Tubbercurry Outreach

Contact: Teach Laighne One Stop Shop, Humbert Street, Tubbercurry
Tel: 071 9120433

Ballymote Outreach

Contact: c/o Ballymote FRC (Wednesday afternoon by appointment only)
Tel: 0761 076390

LEITRIM CIS

Carrick-on-Shannon CIS

Contact: Somerview House, Old Dublin Road, Carrick-on-Shannon,
Co. Leitrim
Tel: 0761 075670

Drumshanbo CIS

Contact: Bridge Street, Drumshanbo, Co. Leitrim
Tel: 0761 075680

Manorhamilton CIS

Contact: Main Street, Manorhamilton, Co. Leitrim
Tel: 0761 075710

CAVAN CIS

Contact: Townhall Place, Townhall Street, Cavan
Tel: 0761 075200

MABS, Money Advice and Budgeting Service (MABS)

MABS is a national, free, confidential and independent service for people in debt or in danger of getting into debt. Professional and confidential advice is available at:



Sligo MABS, Carbury House, Fish Quay, Sligo
Tel: 0761 072730

Leitrim MABS, Swanlinbar Road, Ballinamore, Co Leitrim
Tel: 0761 072630

National Advocacy Service for People with Disabilities (NAS)

A new National Advocacy Service has been set up to provide independent, representative advocacy services for people with disabilities. It is organised and managed on a regional basis by five Citizens Information Services and is supported by the Citizens Information Board.



Contact: Regional Manager: Josephine Keaveney 086 0201095

Contact: Sligo Advocate: Martina Kilgallon 087 998 0152

Contact: Leitrim Advocate: Elaine Morris 087 052 9111

Disability Federation of Ireland

Disability Federation of Ireland (DFI) is the national support organisation for



voluntary disability organisations in Ireland who provide services to people with disabilities and disabling conditions:

Contact: Jennifer Van Aswegen, Sligo / Leitrim / Donegal

Mobile: 086 3811261

Forum of People with Disabilities

The PWDI National office carries out the policies of the National Board. It acts as the voice for the organisation and leads lobbying efforts on behalf of the members.



PWDI Networks in Sligo/Leitrim

PWDI Network has voluntary groups in Sligo and Leitrim, who meet bi-monthly. The groups are made up of people with disabilities, their families and carers. Our mission is to ensure that people with disabilities, their families and carers have the opportunity to contribute to and influence policies and decisions that impact on their lives – locally, nationally and internationally.

PWDI Sligo Network. Contact Eugene O'Brien on **Tel:** 071 916 5965

PWDI Leitrim Network can be contacted on **Mob:** 087 0974589,
Email: pwdileitrim@eircom.net and through national office
Tel: 01 8721744.

Contact: National Office is based in Jervis House, Jervis Street,
Dublin 1


Tel: 01 8721744

Fax: 01 8721771

Email: info@pwdi.ie

www.pwdi.ie

Irish Advocacy Network

The Irish Advocacy Network was born in November 1999 in  Irish Advocacy Network Derry, Northern Ireland. A number of people came together under the umbrella of Mind Yourself, to develop the process of peer advocacy on an island wide basis. IAN has peer advocates in place in most health board areas in Ireland, north and south who regularly attend acute units and day centres. Sometimes they meet people in the community.

Their main job is to give support and information to people with mental health difficulties by befriending them and offering a confidential listening ear or peer advocacy.

Contact: Old Rooskey House, Rooskey, Co. Monaghan

Tel: 047 38918

Email: irishadvocacynetwork@eircom.net

Irish Wheelchair Association Sligo

IWA has been working with, and providing services to, people with limited mobility since 1960. Our wide range of services promotes quality of life for people with disabilities in Ireland to:



- › Identify the needs of people with limited mobility;
- › Empower people with the skills and backup to help them address their identified needs and to participate in society;
- › Create awareness of the rights and needs of our members amongst policy makers, service providers, the public;
- › Advocate with and on behalf of people with limited mobility for improved services and benefits;
- › Provide and promote appropriate services.

Co. Leitrim

Contact: Carrick on Shannon ROC, VEC Building, St George's Terrace

Tel: 071 9620569

Email: carrickonshannon@iwa.ie

www.iwa.ie

Kinlough ROC

Contact: Kinlough (part-time)

Tel: 071 9155522

Email: drclsigo@iwa.ie

Co. Sligo

Contact: Sligo ROC, Abbeyville, St. Annes, Sligo

Tel: 071 9155522

Email: drclsigo@iwa.ie

Ballymote ROC

Contact: Ballymote Outreach Centre (part-time)

Tel: 071 9155522

Email: sligo@iwa.ie

Leitrim Association for People with Disabilities

A county-based organisation with the aim to empower people with disabilities to achieve independence, choice and control over their own lives. A key aspect of the group is the operation of the personal assistant service. It is also involved in various other projects to increase participation in every aspect of life.

Contact: Leitrim Association of People With Disabilities, Mohill,
Co. Leitrim

Tel: 071 96 31813/31845

Email: lapwd04@eircom.net

Sligo Centre for Independent Living

Sligo CIL is an organisation of, and for physical and/or sensory disabled people, also older who pursue part of their independent living through the provision of services such as personal assistant, electronic/manual note-taker, and/or support needs assistant service.

Contact: Sligo CIL, Unit 1-2, Business Centre, Market Yard, Sligo

Tel: 071 9141978 / **Fax:** 071 9153340

Email: info@cilsligo.ie

National Disability Authority (NDA)

The National Disability Authority is the lead state agency on disability issues, providing independent expert advice to Government on policy and practice. The National Disability Authority (NDA) is an independent statutory agency established under the aegis of the Department of Justice, Equality & Law Reform by the National Disability Authority Act 1999 and strives to ensure that the rights and entitlements of people with disabilities are protected.

Contact: 25 Clyde Road, Ballsbridge, Dublin 4

Tel: 01 6080400

www.nda.ie

National Federation of Voluntary Bodies Providing Services to People with Mental Handicap

The Federation is a national umbrella organisation for voluntary/non-statutory agencies who provide direct services to people with a mental handicap. An extensive web site — it should prove a useful resource to parents, families, friends and professionals.



Contact: Oranmore Business Park, Oranmore, Co. Galway

Tel: 091 792316

Email: secretariat@fedvol.ie

www.fed-vol.com

More Useful Contacts...

Angelman Syndrome

Tel: 01 2855626



Attention Deficit Hyperactivity Disorder (HADD-ADHD)

Tel: 01 2889766



Borderline

(For families of persons with a mild learning disability)

Tel: 01 8316924



Cri Du Chat Syndrome

Tel: 01 2801281

Down Syndrome Association

Kay Price - Sligo **Tel:** 071 9160879

Mary Mc Loughlin - Leitrim **Tel:** 071 98755642

Head Office, Dublin **Tel:** 01 8730999



Edward's Syndrome

Tel: 071 9182317

Edward's
Syndrome:

Epic (Empowering Partnership In Care)

Tel: 01 4923286

epic
Care
Partners in Cancer Care

Fragile X Syndrome

Irish Fragile X Society

Tel: 0506 52796

ifxs

IRISH FRAGILE X SOCIETY

Irish Council of People with Disabilities

Tel: 01 8683502

Irish Council
of People
with Disabilities

Irish Epilepsy Association

Tel: 01 4557500



Neurofibromatosis Association of Ireland

Tel: 01 8735702



Parents Action on Disability

Tel: 071 9144568

Action on Disability

Enable Ireland

Patau's Syndrome

Tel: 071 9161850

Irish Maternal Fetal Foundation
WWW.IMFF.IE

Prader-Willi Syndrome

Irish Prader-Willi Syndrome Support

Tel: 01 2868119



Rett Syndrome

Tel: 01 8324780

Rettsyndrome Ireland

Sotos syndrome

Tel: 01 2960206

Sotos Syndrome Support Association

Spina Bifida And Hydrocephalus

Tel: 01 4572329



Support Organisation for Trisomy

Tel: 01 2854907

Trisomy – 18

Tel: 071 9182317



Tourette Syndrome

Tel: 01 6230500



Unique

(Rare chromosome disorder support group)

Tel: 01 4569643



Williams Syndrome

Tel: 090 9643247



West Syndrome

Tel: 090 9643247



Physical and Sensory Disability Services:

A person with a physical and or sensory disability may experience difficulties in their ability to carry out normal activities of daily living including work, social and cultural life.

Examples of physical disability include amputation, spinal injury, conditions such as Spina Bifida, Cerebral Palsy, neurological conditions such as Multiple- Sclerosis, Muscular Dystrophy, Parkinson's Disease, Motor Neurone Disease, Acquired Brain Injury, hearing and visual impairment.

Physical & Sensory Disability Service Sligo/Leitrim

Tel: 071 9135001

Case Co-ordinator, Physical & Sensory Disabilities:

The role of the case co-ordinator is to act as the primary co-ordinator between the person with the disability and the various services they need. This can include personal support, accommodation support etc. The service can be accessed by people with disabilities between the age of 18-65 years.

Social Work Services:

Offers psychosocial assessment and support to individuals groups and families.

Community Brain Injury Services:

Physical & Sensory Disabilities in partnership with Acquired Brain Injury Ireland provide Case Management, a residential Transitional Living Unit and a Community Rehabilitation Programme. In addition a HSE Rehabilitative Training Programme provides Brain Injury awareness training, Social & Vocational Support. These services aim to optimise recovery following an Acquired Brain Injury.



Children Support Worker Service:

Children Support Workers provide supports to children to facilitate the child to achieve their full potential by assisting them with Therapeutic Programmes, personal care and to increase opportunities for social integration. This part of the service can be accessed by children aged 0-18 years.

Indirect Services includes:

- Home & Personal Supports Services
- Accommodation Support
- Respite

Physical & Sensory Disability Respite Services:

The Respite Service endeavours to provide people with physical &/or sensory disabilities up to 65 years of age with a respite break suitable to their needs and abilities. This enables people to be as independent as possible while allowing themselves and their families, depending on respite arrangements, to avail of a respite break in Bayview Respite House, Tullaghan, Co. Leitrim.

The Physical and Sensory Disability Department currently facilitate respite breaks with assigned support workers who are seconded to cover pre-planned respite breaks.

Contact: Care / Respite Co-ordinator

Tel: 071 9135001

Carers: Supports and Services

As a “Carer” of someone with a disability you may need some support yourself, so that you can carry on supporting them. This support might be a short break from caring, financial help, or a chance to do something for “you”. Here are details of the supports available in the Sligo / Leitrim area.



Learning Disability Service Sligo / Leitrim

Tel: 071 9155179

Learning Disability and Autism Service

The Respite Service is a flexible service offering a wide range of opportunities for short-term breaks. Day, weekend and holiday breaks, Home To Home breaks, Summer Camp and social and recreational opportunities are available. The Respite Service provides both planned and emergency breaks.

Summer Camp Programmes are provided through Suaimhneas, Solas and Mullholland Respite Houses. Summer Camps are also provided with Avalon Youth Centre and from community based holiday centres.

It offers the service user the opportunity to take a break away from home, have new experiences and make new friends.

Respite Care Facilities

The Respite Service offers service users the opportunity to relax in a homely environment, and/or enjoy a range of social, leisure and recreational activities.

Service based respite care facilities are available in Sligo and Leitrim:

- › Solas Childrens Respite Service, Sligo 071 9138328
- › Suaimhneas Respite House, Sligo 071 9138328
- › Mullholland Respite House, Tubbercurry 071 9186083
- › Cregg House Respite Service 071 9177229
- › North West Parents and Friends Respite Service, Carrick on Shannon 071 9143358
- › Cloonamahon Respite Service 071 9167321

Home Support Service

Home Support Services are provided for children and adults through the respite service to provide therapeutic, social and recreation programmes.

Contact: Respite Co-ordinator

Tel: 071 9138328

Public Health Nurses' Department

The Home Support Service provides a supportive, practical, domestic and personal care service. This enables children and adults to be supported and maintained in the comfort of their own home. People with learning disabilities and their families will benefit from this additional assistance.

The Home Support Worker will undertake a role in home care and social care, in order to enable people with learning disabilities and their families to enjoy a better quality of life.

Enquiries to:

- › **Co. Sligo:** Counsellor for Special Needs **Tel:** 071 9144474
- › **Co. Leitrim:** Health Centre **Tel:** 071 9620308
- › **Sligo/Leitrim/West Cavan:** Autism Co-Ordinator
Tel: 071 9144501

Benefits for Carers:

Carers Allowance:

If you look after someone requiring full-time care and attention because of age, physical or learning disability or illness, including mental illness you may be eligible to receive Carer's Allowance. Full-time care and attention means that the person in need of care requires continuous supervision and frequent assistance throughout the day in connection with their normal personal needs – for example, help to walk and get about, eat or drink, wash, bathe, dress.

- Long-term means-tested payment for carers (over 18) looking after someone in need of full-time care for at least 12 months
- Person receiving care can be under the age of 16 if a Domiciliary Care Allowance is being paid
- Half-rate allowance paid to people receiving certain social welfare payments and taking care of someone with a disability
- Not payable with Jobseeker's Benefit/Allowance, Back to Work Allowance, or Supplementary Welfare Allowance
- Apply on Form CR1 to Carer's Allowance Section, Department of Social Protection, Longford

If you qualify for Carer's Allowance you are also eligible for free travel and household benefits.

Carer's Benefit:

This is a short-term payment made to insured people who leave employment temporarily to care for someone who needs full-time care.

- Short-term payment (up to 24 months) which can be claimed by insured people who leave a job (of at least 32 hours a fortnight) temporarily to care for someone who needs full-time care
- If you are self-employed and paying Class S PRSI contributions, you are not eligible for Carer's Benefit
- Apply to Carer's Benefit Section, Department of Social Protection, Longford

Carers Leave:

You may be able to take temporary unpaid leave from employment to care for someone who needs full-time care.

- › Employees, after one year's service, may take unpaid leave (maximum 2 years) to provide full-time care for someone who needs it

Contact: Employment Rights Authority, O'Brien Road, Carlow, for more information. **Lo-call** 1890 80 80 90

Domiciliary Care Allowance

If you are caring for a child with a severe disability who lives at home, you may qualify for a monthly Domiciliary Care Allowance. This is paid by the Department of Social Protection. To qualify for this payments your child must:

- › have a severe disability that is likely to last for at least one year
- › be under 16
- › Live at home with you for 5 days or more a week for the full-rate payment
- › Meet the medical criteria

The person claiming the allowance for the child must:

- › Provide for the care of the child
- › Be habitually resident in the State
- › Apply on the Domiciliary Care Allowance Form available for your local social welfare office or Citizens Information Centre, the child's GP is required to complete parts 6 & 7.

Respite Care Grant:

A Respite Care Grant is paid automatically to the carer by the Department of Social Protection in June each year. A grant is paid for each person being cared for.

- › Annual payment made in the first week of June
- › Paid automatically by Department of Social Protection to people receiving Carer's Allowance/ Carer's Benefit/Constant Attendance Allowance/ Domiciliary Care Allowance
- › Also paid to people providing full-time care to an older person or a person with a disability, or an older person, regardless of the carer's means

Contact: Respite Care Grant Section, PO Box 10085, Dublin 2,
for more information. **Lo Call** 1890 66 22 44

Homemaker's Years/Credits:

You may be able to avail of the Homemaker's Scheme if you gave up work to care full-time for a child under 12 years or an adult who needs full-time care or attention. This means that the years spent working in the home (since April 1994 when this provision was introduced) are disregarded when calculating your average contributions for pension purposes.

To apply: Homemaker's Scheme Section. Department of Social Protection. McCarter's Road, Ardaran, Buncrana, Co. Donegal

Tel: (01) 4715898 **Locall:** 1890 690 690 www.welfare.ie

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Carers' support organisations

Carers Association

The Carers Association have a range of services for family carers including, support for family carers, Home Respite Service, Training Courses for Caring at Home, Advocacy and Carers Support Groups
Castle House, Castle Street, Sligo



The Carers Association
Ireland's National Voluntary Organisation for and of family carers in the home.



Tel: 071 9143123

Email: carerssligo@eircom.net

www.carersireland.com

Caring for Carers Ireland

Carmody Street, Ennis, Co. Clare

Tel: (065) 6866515

www.mobhaile.ie/caringforcarers

Carer's Alliance Ireland

Coleraine House,

Coleraine St., Dublin 7

Tel: (01) 8747776

www.carealliance.ie

National Care Line

Tel: 1800 24 07 24

Learning and Training

Third Level Education

Students with a disability can apply to third-level institutions through the usual process – applying to the Central Admissions Office (CAO). Some institutions reserve places for people with disabilities and for these you must apply directly to the institution. If you get an offer in each system, you may choose whichever suits you best. Most third-level institutions have Disability Liaison Officers. These provide a number of services, including assistance with making an application for a reserved place, finding suitable accommodation and other access requirements.



Grants

Students with disabilities are eligible for third-level grants on the same basis as other students. There are some additional grants specifically for people with a disability from a special fund administered by the Department of Education and Skills. You should apply directly to the third-level institution for these at the beginning of the academic year (September/October).



AHEAD

The Association for Higher Education Access and Disability (AHEAD) is a voluntary organisation working to promote better access to third-level education for people with disabilities.

Contact: Association for Higher Education Access and Disability,
East Hall, UCD, Carysfort Avenue, Blackrock, Co. Dublin.

Tel: (01) 716 4396,

www.ahead.ie

Education

Fund for Students with Disabilities

- › Funding for third-level and PLC students with disabilities administered by the Department of Education and Skills. Apply directly to the college at the start of the academic year (Sept/Oct).

Disability Access Route to Education (DARE)

- › Third-level admissions scheme for students with disabilities.
- › Places allocated on a reduced points basis to school leavers whose disability has affected their educational performance significantly
- › Details on the websites of participating third-level colleges

Apply to: through the Central Admissions Office (CAO)

Back to Education Allowance:

This allowance is paid by the Department of Social Protection. It assists adults receiving certain disability payments (and others) wanting to return to second or third-level education.

Apply to: the second or third-level institution for advice on courses and the application procedure. Once you have been accepted on to the course, contact your social welfare office for form BTE 1.

Apply to: Back to Education Section. Department of Social Protection. Social Welfare Services Office, Government Buildings, Shannon Lodge, Carrick-on-Shannon. Co. Leitrim

Tel: 071 9672616 **Locall:** 1890 927 999 www.welfare.ie

(VTOS) Vocation Training Opportunities Scheme:

This scheme is for people aged 21 years and over who have been receiving certain social welfare payments for at least six months, to take up full-time education at certain Vocational Education Committee (VEC) centres around the country. Apply to your local VEC:

Sligo VEC: Quay Street, Sligo Town **Tel:** 071 9145025

Email: sligovec@sligovec.ie

Leitrim VEC: Administrative Offices, St. George's Terrace, Carrick-on-Shannon. **Tel:** 071 9620024 **Email:** vecoffice@leitrimvec.ie

Rehabilitative Training

This training is not directly linked to the labour market and is overseen by the HSE. Rehabilitative training focuses on developing a person's core life skills, social skills and basic work skills.

Contact: HSE Training and Occupational Support Services, JFK House, JFK Parade, Sligo. **Tel:** 071 9135940

Disabled Person Rehabilitation Training Allowance

Trainees in foundation training and sheltered workshops retain their social welfare payments usually Disability Allowance, and also receive a training bonus.

Contact: HSE West Disability Services 071 9135001 / 071 9135940 or any FÁS Employment Services Office for more information.

National Learning Network

National Learning Network is Ireland's largest non-Government training organisation with centres in almost every county in Ireland for those who find it difficult to gain employment and to develop the skills to move forward with their careers.

The organisation offers over 40 different vocational programmes which carry nationally and internationally recognised certification and are designed to lead directly to jobs or progression to further education. We also provide Continuous Professional Development courses, Assessment Services for children, adolescents and adults with specific learning difficulties, and a Disability Support Service for VEC colleges in Dublin.

Sligo: Bridge Street, Sligo **Tel:** 071 9145391 **Email:** sligo@nl.n.ie

Leitrim: Carrick on Shannon, Co. Leitrim **Tel:** 071 9650693

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Work

Supported Employment Programme

The programme helps people to find and keep employment and operates through a range of organisations. You need to be referred to the scheme by a FÁS Employment Service Officer or a Local Employment Service Mediator.

Contact: your local FÁS office for more information.

Sligo: Government Buildings, Cranmore, Sligo **Tel:** 071 9140303

Leitrim: Government Buildings, Shannon Lodge, Carrick-on-Shannon, Co. Leitrim **Tel:** 071 9620503

Disability Awareness Training

FÁS provides grants to employers to assist with the cost of staff training in disability awareness.

Contact: your local FÁS office for more information.



Revenue Job Assist

This is a special tax allowance for people who take up work after having been unemployed for one year or more and those in receipt of Disability Allowance, Blind Pension or Invalidity Pension for 12 months or more, or Illness Benefit for three years. The job you are taking must be for at least 30 hours and last at least 12 months.

Apply to: your local tax office.

Government Offices, Cranmore Road, Sligo.

Tel: 071 9148600 **E-mail:** sligo@revenue.ie

Community Service Programme

This programme aims to support local community activity that provides opportunity, in the way of supported employment for people with disabilities. Organisations that operate on a not-for-profit basis can apply for this.

Contact: Pobal, Holbrook House, Holles Street, Dublin 2.

Tel: +353 (0)1 240 0700 **Email:** enquiries@pobal.ie

www.pobal.ie

Self-Employment

A Back to Work Enterprise Allowance operates for those who are self-employed or considering starting their own business. This scheme allows for people on social welfare benefits to retain a percentage of their benefit whilst taking up self-employment for a period of four years.

If you live in an area covered by an integrated local development company, apply to the enterprise officer. If not, contact your local social welfare office.

Contact: Michael Glennon, Sligo LEADER Partnership Co. Ltd.
071 9141138

Contact: Donal Fox, Leitrim Integrated Development Co. Ltd
071 9641770

Employment Supports

Rehabilitative work and disability payments

- People getting Disability Allowance and Blind Pension can do paid work considered to be rehabilitative or therapeutic and earn up to a certain amount per week without affecting their payment.
- Can include FÁS training and Community Employment (CE) schemes
- Written approval is needed from the Department of Social Protection before taking up rehabilitative work (except in the case of Disability Allowance where you can commence work before getting approval)

Community Employment (CE)

CE provides part time and temporary jobs in the community. There are two categories of Community Employment: the Part-time Integration Option and the Part-time Job Option.

- › Part-time Integration Option is for people of 25 to 35
- › Part-time Job Option is for people who are 35 or over
- › You can participate from age 18 if you are getting a disability related payment (Disability Allowance, Blind Pension and Invalidity Pension). You must be in receipt of Illness Benefit for six months to be eligible for CE
- › Under both options participants work 19.5 hours a week/39 hours a fortnight and are paid an allowance by the sponsor

Apply to: FÁS

Rural Social Scheme (RSS)

- › Available to farmers and fishermen/women unable to earn an adequate living from their holding or from fishing.
- › If you are getting another social welfare or Health Service Executive (HSE) payment you should check if it will be affected with your local Social Welfare or Health office.
- › Participants getting Disability Allowance continue to get it, along with a minimum top-up payment from RSS. This is different to CE.
- › The scheme is administered locally

FÁS

- › People with disabilities are considered a priority for FÁS training courses, including specialist training. Where a training requirement has been identified and this training is not offered by FÁS, it is possible that FÁS may meet some of the costs.

- If you are getting Disability Allowance or Blind Pension, the FÁS training allowance will be equivalent to your social welfare payment. In addition, FÁS pays a training bonus.
- If you are getting Illness Benefit or Invalidity Pension, you must obtain an exemption from the Rules of Behaviour from the Department of Social Protection before you can engage in FÁS training. Provided you have obtained this exemption, you will retain your social welfare payments in addition to receiving the FÁS training allowance. However, you will not receive the FÁS training bonus.
- Participants on FÁS training courses continue to receive any secondary benefits they were in receipt of before taking up the FÁS training course. Also, the Department of Social Protection will restore your social welfare payment, if, for any reason you are unable to continue your training.
- The Wage Subsidy Scheme and Workplace/Equipment Adaptation Grant provide financial assistance to employers and to encourage the employment of people with disabilities; make workplaces more accessible and equipment easier to use.
- Other FÁS supports aimed at helping people with disabilities gain and retain employment include: Employee Retention, Job Interview Interpreter and Personal Reader grants; Supported Employment Programme and disability awareness training from employers.

To apply for any of these supports contact your local FÁS office.

www.fas.ie

Sligo: Government Buildings, Cranmore, Sligo **Tel:** 071 9140303

Leitrim: Government Buildings, Shannon Lodge, Carrick-on-Shannon, Co. Leitrim **Tel:** 071 9620503

Ballytivnan Training Centre, Sligo

Training and services are delivered using a Person Centred approach with certification provided by FETAC (Further Education Training Awards Council). Training programmes include, Rehabilitative Training Programme and Sheltered Occupational Programme.

Tel: 071 9143214 /9143395

Employment Response North West

Aims to provide a Supported Employment Service for People with disabilities, and Employers to find and maintain employment in the open labour market.

Contact: Dermot Cunningham, Employment Response North West,
1 Custom House Quay, Sligo

Tel: (071) 9153222

RehabCare (member of the Rehab Group)

RehabCare operates a number of Resource Centres, Sheltered Workshops and Supported Accommodation services in Sligo, Leitrim and Donegal.

In 2001, RehabCare took over the management of the Rehab Group's Sheltered Workshop Services. Whilst the main focus of activity within these settings is work, clients have identified additional programmes they want to access in the areas of social and leisure, independent living skills, personal development and lifelong learning.

Sligo: Tel: 071 9150385

Ballinamore, Leitrim: Tel: 071 9644132

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Health

Being healthy includes:

Having regular health checks



Getting support to find out about good health – such as healthy eating and exercise



Finding out who you can talk to if you are worried about your health or going to hospital



Doing things that make you happy – such as seeing friends, enjoying where you live and having a hobby



Being healthy and looking after your health is an important part of your life. There are organisations and people who can help you do this and these are listed here:

HSE West Services

Public Health Nurses

Public health nurses in Ireland are employed by the HSE to provide a range of health care services in the community. They are usually based in your local health centre and are assigned to cover specific geographical areas. They provide services in schools, health centres, day-care and other community centres and in people's homes. Public health nursing teams provide basic nursing care as well as advice and assistance to their patients. They provide planned essential weekend nursing. Public health nurses also act as an important point of access for other community care services.



Contact: Public Health Nursing Service

Sligo: 071 9155144 / **Leitrim:** 071 9650363

Home Helps

Home helps may be employed directly by the HSE or by voluntary organisations on behalf of the HSE. They assist with normal household tasks such as shopping and cleaning and are assigned to people who are unable to carry out such tasks themselves. Availability varies greatly from place to place. There may be a small charge, even for medical card holders.

Tel: 071 9155100 or contact your public health nurse for more information on **Sligo:** 071 9155144 / **Leitrim:** 071 9650363.

GP Out of Hours Services

Leitrim, Roscommon and Donegal

NOW DOC

1850 400 911

Social Workers

The HSE employs social workers who can provide advice and support. Most large hospitals employ social workers with whom patients and their relatives can discuss problems arising from their illness. Ask at the social work department of the hospital. Some voluntary organisations also employ social workers.

Tel: 071 9155167 or contact your public health nurse for more information on **Sligo:** 071 9155144 / **Leitrim:** 071 9650363.

Personal Assistant

Personal assistants enable people to live independently in the community. They may assist the person in going to and from work and may aid them in working, studying or participating in social life. They may also provide assistance with bathing, dressing, cooking or other personal or household tasks. This service is only available to people over 16 and under 65.

To apply, contact:

The Irish Wheelchair Association, Blackheath Drive, Clontarf Road, Dublin 3 or The Centre for Independent Living, Carmichael House, Nth Brunswick Street, Dublin 7. *(See page 15-16 for local contacts).*

Home Care Attendant

Home care attendants provide assistance and support to people with physical disabilities in their own homes. The time the attendant spends in each person's home and the tasks carried out vary from person to person.

To apply, contact:

The Irish Wheelchair Association, Blackheath Drive, Clontarf Road, Dublin 3 or The Centre for Independent Living, Carmichael House, Nth Brunswick Street, Dublin 7. *(See page 15-16 for local contacts).*

Sligo Centre for Independent Living

Market Yard, Sligo

Tel: 071 9141978 *(See page 17 for local contacts).*

Leitrim Association of People With Disabilities

Mohill, Co. Leitrim

Tel: 071 9651000 *(See page 17 for local contacts).*

Community Dietitians

Dietitians are able to treat a wide range of nutritional disorders including allergies/intolerances, obesity constipation and help with feeding difficulties. They assess your nutritional needs and develop and implement nutrition programs. Dietetic referrals are made by GP's and consultants.

Tel: Sligo: 071 9149658 / **Leitrim:** 071 9650319

Dental and Oral Health Services for adults

Dental health is very important and everybody would like to have teeth that look good and are free from pain and that enable them to eat properly. This is just as, if not more important for people with a disability.

Tel: Dental Service:

Sligo: 071 9155110 / **Leitrim:** 071 9650352



Therapy Services

Occupational Therapists

The HSE employs occupational therapists to help people with disabilities and older people to achieve maximum independence in the activities involved in daily living. An Occupational Therapist can assess, provide treatment and advice on techniques and equipment that can promote independence and facilitate individuals to lead productive and satisfying lives.

Contact: Occupational Therapy Services:
Sligo: 071 9155130 / **Leitrim:** 071 9650333

Acquired Brain Injury Service, Sligo/Leitrim

Can be contacted through the ABI Case Co-ordinator HSE West Physical and Sensory Disability Service. **Sligo:** 071 9135001



Physiotherapy Service

Physiotherapy services are provided by community hospitals or nursing units' physiotherapy departments.

Contact: Physiotherapy Service: **Sligo:** 071 9155152

Speech & Language Therapists

Speech and Language Therapy will help to improve your communication skills in helping with speech / language / voice disorders. Speech and Language Therapy aims to maximise communication skills in order to develop each individual to their full potential. Therapy involves assessment, diagnosis and treatment in consultation with family/ carers. Eating and drinking difficulties are assessed in consultation with staff and families. Swallowing difficulties are referred to the hospital services.

Contact: Speech & Language Therapy Services:
Sligo: 071 9155132 / **Leitrim:** 071 9620308

Sensory Services

Ophthalmic Service

Adults who are medical card holders are entitled to free ophthalmic services. The G.P. or Optician will refer you to either the Consultant Ophthalmologist (hospital based) or the Community Ophthalmologist for appropriate diagnosis and treatment of your eye condition. There is also an adult Choice of Optician Scheme, which is available to medical card holders. You can choose an optician from the approved list and can apply to have your eyes tested and glasses provided if required.



Contact: Ophthalmic Services, Sligo General Hospital:
Tel: 071 9174619

Orthopaedic Fitting Service

We provide the Orthopaedic Fitting Service for the HSE - Surgical Footwear Stock, semi bespoke and bespoke Diabetic footwear both stock and bespoke. We measure and assess the patient for shoe raises etc. We measure and provide all the orthopaedic footwear prescribed by the consultants and paediatric physiotherapists. We also assess for orthotics both paediatric and adult. This could mean the provision of a simple insole or a more complex orthotic, which is decided at assessment. We also supply ankle foot orthoses both commercial and made to measure where needed, this may mean a simple drop foot splint made of lightweight carbon fibre or a more complex device to control the patient's foot.

Orthopaedic Fitting Service Clinics - contact 071 9144558 for more information

- Sligo General Hospital: **Weekly Every Friday**
- Our Lady's Hospital, Manorhamilton: **Twice monthly**
- Carrick-on-Shannon: **Once monthly**

Audiology Service

The hearing service provides the following:

- › Tests your hearing,
- › Fits hearing aids free of charge,
- › Repairs your hearing aid if broken or damaged.

Services are available to medical card holders in Nazareth House, Sligo, Enniscrone, Manorhamilton, and Drumshanbo.



Contact: Audiology Department, Nazareth House: **Tel:** 071 9162647

NCBI – working for people with sight loss

NCBI supports people with sight loss living in the community to maximise independence and overcome the limitations of sight loss.



Contact: Sligo Office: 071 9170007

Email: thelma.hunter@ncbi.ie or seamus.brett@ncbi.ie

www.ncbi.ie

DeafHear.ie


The aims of NAD are to promote the right of every deaf person to enjoy an equality of opportunity in all aspects of life, and to develop full independence and citizenship. Services provided by NAD include:



DeafHear.ie

Services for Deaf & Hard of Hearing People

- › Family Support Services
- › Equipment for Deaf and Hard of Hearing People
- › Communication Support
- › Deaf Awareness Training
- › Tinnitus Support Group
- › Deaf Tech



Outreach Service Access to the services is available at a local level through their Outreach Programme. An Outreach Service is operated in Assistive Technology Disability Unit 407 Millbrook Riverside Sligo on the 3rd Tuesday of every month, 11.00am – 2.30pm.

Contact: **Tel:** 071 9194975 **Fax:** 071 9148868

Text: 086 7961324 **Email:** sligo@deafhear.ie

www.deafhear.ie

Sign Language Interpreters

Sign language interpretation is used in various situations to facilitate communication between deaf and hearing people. These include medical appointments, job interviews, meetings, conferences and education.

Apply to: Sign Language Interpreting Service (SLIS),
c/o Citizens Information Board, Hainault House, The
Square, Tallaght, Dublin 24. **Tel:** 01 4139670

Meals on Wheels

Meals-on-wheels service is quite widely available. It is usually provided by voluntary organisations.

Contact: Sligo Social Services, Charles Street, Sligo.

Tel: 071 914 5682 or contact your public health nurse for more information on **Sligo:** 071 9155144 / **Leitrim:** 071 9650363.

Support Services

Keyworkers

Keyworkers provide a supportive relationship to service users and play a key role in the development and management of person centred services.

- Develop strategies to assist service users in achieving their goals, and evaluate and adapt as appropriate
- Liaise with families where appropriate to provide support and information

- › Work as part of a team with both statutory and voluntary agencies to ensure a coordinated approach to individual service user care.

Contact: Keyworker for Physical /Sensory Disabilities.

Tel: 071 9135007

Keyworker for Acquired Brain Injury. **Tel:** 071 9135008

Learning Disability Referral Committee

Eligibility for a service is established following an assessment and discussion by the Adult Referral Committee for Intellectual Disability Services in Sligo/Leitrim/West Cavan.

The Assessment and Placement Co-ordinator is responsible for the processing of all new adult referrals to Intellectual Disability Services. Referrals comprise of referrals for Home Support Services, and placements for day services, training programmes, accommodation via community group homes or residential services.

Contact: Assessment and Placement Co-ordinator. **Tel:** 071 9155179

Psychology Department

The Psychology Service is available to adults with physical and sensory, learning disabilities and Autism Spectrum Disorder. While the service provides psychological assessments and advice on appropriate services and placement options, the main thrust of its work with adults in general and adults with a physical and sensory disabilities in particular is in helping them work through whatever emotional issues are causing them distress.

The service is a confidential one and can be accessed directly by phone call or letter directly to the Psychology Department. Alternatively, referral can be made through your G. P. or through other professionals with whom you are involved.

Contact: HSE West, Psychology Department, Markievicz House, Barrack Street, Sligo 071 9155132, Leitrim 071 9620308

National Counselling Service for adults with a history of childhood trauma

The HSE through the National Counselling Service provides counselling to adults with a history of childhood abuse (sexual, emotional, physical or neglectful).

Referrals can be made through one's GP, Consultant Psychiatrist, or by self referral. People wishing to self-refer can contact the NCS National information number - 1800 235 234

The Sligo National Counselling Service office is based at 68 John St., Sligo. **Tel:** 071 9142161

Bereavement Counselling/Therapy Service

Counsellors with the bereavement counselling/therapy service are health care professionals, with clinical background and qualifications in Psychology, Counselling and Psychotherapy.

This service is confidential and private. Your counsellor will try and arrange appointments at a time that suits. Sessions normally last one hour and there is no fee.

Contact: Bereavement Counselling Service. **Tel:** 071 9155108

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Schemes and Services

Medical Cards

Medical cards are given to people with low incomes and other qualifying people. They entitle you to a range of health services free of charge. Having a disability does not automatically entitle you to a medical card, most cards are granted on the basis of a means test and/or medical need. For details on how to qualify for a medical card contact your local citizens information centre, local health centre, apply on form MC1, a list of participating doctors is available from your local health centre.

GP Visit Card

The purpose of this card is to help people who are not eligible for medical cards with the cost of visiting a doctor, the card covers GP visits, the income guidelines are 50% higher than the medical card income guidelines. Apply on form MC1 or MC2 (for over 70's) to your local health office

Drugs Payment Scheme

Scheme for non medical card holders where an individual or family pays a maximum per calendar month for prescribed drugs and medicines. Application forms available from pharmacies or the HSE.


Long-term Illness Scheme

Under this scheme drugs, medicines and some approved appliances prescribed for the treatment of certain medical conditions are available free of charge.

Apply to: Community Services, **Sligo:** 071 9155100 / **Leitrim:** 071 9650300

Treatment Benefit Scheme

The Treatment Benefit Scheme is run by the Department of Social Protection. Under the scheme, you get a contribution towards the costs of treatment. The scheme has been limited in 2010 to certain



medical and surgical appliances and the free examinations provided for under dental and optical benefits. Medical card holders are legally entitled to dental, ophthalmic and aural services from the HSE but, in practice, the availability of these services varies from area to area.

Hearing aids

The HSE provide hearing aids, dental and optical services free of charge to medical card holders. Under the Treatment Benefit Scheme half the cost of each hearing aid is available. Application forms available from supplier.

Assessment of need for children

The Disability Act 2005 provides for the assessment of need of people with disabilities and service statements that outline how these needs will be met. Currently assessment of need applies only to children born since 2002. Contact Disability Services in your Local Health Office.

Aids and appliances

The HSE helps medical card holders with purchase costs of necessary medical and surgical aids and appliances (e.g. wheelchairs and walking aids). The HSE may give assistance to those unable to meet the costs if equipment is considered necessary as part of hospital treatment. Contact Disability Services in your Local Health Office to check if assistance is available.

Assist Ireland

Web resource provided by the Citizens Information Board with information on assistive technology and a directory of products available from Irish suppliers.

Helpline also available at **Lo-call** 1890 277 478

SMS: 086 3837644

E-mail: support@assistireland.ie

www.assistireland.ie

Housing and Support

Choosing where you live and who you live with is an important decision for everyone. It can affect how you feel about the rest of your life and it can affect what other choices you have.

The information in this chapter tells you about what housing choices are available to you.



Who do you want to live with?

You might want to live with another person or a group of people so there is always someone there for friendship, support and someone to socialise with. Who would this be?

Would you live with friends? Would you be happy to live with people you didn't know? Perhaps you would like to live with a family?

The down side to living with other people is that you might not get enough space to yourself and you cannot control how other people want to live.

You might decide that you want to live on your own so you can have more time and space to yourself and so that you are more in control of where you live.

The downside to this is that you might have too much time on your own and feel lonely. If something goes wrong there might not be someone around to help.

If you want to live on your own but are worried about being lonely there may be ways to help you.

What is important about the building and place you live?

Answering these questions will help you think about the sort of home you want.

- › How many bedrooms do you need?
- › Would you prefer to live in a house, flat or bungalow?
- › Do you want to be near public transport or near family and friends?
- › Do you want to live in town, or in a village?
- › Do you need to be near a place that is important to you - like college or your place of worship?
- › Do you need somewhere with easy access, such as somewhere that is suitable for a wheelchair?
- › Do you have a pet? Does it need space outside?

Rent or buy a home?

You need to think about who will own the house you live in. Your choices are to rent a house, buy a house or live in a registered care home. Renting a home means that someone else owns it and you pay them money to live there. Many people rent a home from the council. Other people rent their home from a housing association and some people rent from private landlords. Buying and owning your own home means it is your property. Residential care homes give 24 hours support and they can be large or small. If you live in a residential care home you do not own it or pay rent. Your benefits may be used to pay for your housing and support.

Rent from a private landlord

A landlord is someone who owns a house they rent out for money. If you want to rent a home from a private landlord you can look in the property pages in your local newspaper or go to a letting or estate agent.

Own your own home

There are a few ways you can own the house you live in. To buy a home you can get a mortgage (a loan for buying a house) from a bank or building society. This means instead of paying rent, you pay back the mortgage and after an amount of years, you own the house.

Housing Supports and Schemes

Local Housing Authorities

Local authorities must allocate houses for rent in accordance with a scheme often called the points system. The local authority may (but does not have to) give priority to groups such as older people or people with disabilities. Many local authorities do provide special housing units for older people and people with disabilities. Local authorities may carry out improvements to private houses for people who are on the waiting list for local authority housing and may subsidise tenants who wish to leave local authority accommodation and buy a private house. Apply to: your local authority housing section.

Contact: Sligo County Council: 071 9111305
Sligo Borough Council: 071 9114400
Leitrim County Council: 071 9650426

Shared Ownership Scheme

This scheme is intended for those who cannot afford to buy a house outright. Initially, ownership of the house is shared between the owner and the local authority. At the start, you must buy 40% of the value of the house which you may fund with a local authority loan or a commercial mortgage. You pay rent to the local authority for its share of the house and then you gradually buy out its share over a number of years. The local authority may give you a mortgage loan to pay for the share you are purchasing from it or you can contribute cash of your own. The house can be new or second hand. There is no stamp duty for either. Legal costs are kept to a minimum. There is an income test. People who are renting from local authorities or voluntary bodies do not need to satisfy the income test. You are unlikely to be accepted for this scheme if your only income is a social welfare payment. You may qualify for a mortgage subsidy.

Apply to: your local authority

Housing Aid for Older People

The Housing Aid for Older People Scheme is used to improve the houses of older people (over 60 generally) which are unfit for habitation. The type of work, which is grant aided, includes structural repairs, replacement of windows and doors, cleaning and heating.

Contact: the Housing Department of your local authority.

Mobility Aids Grant Scheme

The Mobility Aids Grant Scheme provides grants for purchasing equipment that will address mobility problems in the home, for example, grab-rails, a level access shower, or chairlift. It is designed to fast-track essential items that are required to allow you to remain in your own home. The grant is primarily for older people but people with disabilities can also apply.

To apply: contact your local Housing Department of your local authority.

Housing Adaptation Grant for People with a Disability

This grant is for people who are not covered by the Mobility Aids Grant Scheme, and is for the purposes of making adaptations to your home to make it accessible for someone with a disability. Your application will be prioritised based on medical need.

Contact: the Housing Department of your local authority.

Local Authority Home Improvement Loan

Local authority loans are available to owner-occupiers in Ireland for the carrying out of necessary works to improve, repair or extend their existing houses. You are unlikely to get this loan if your only income is a social welfare payment.

Apply to: your local authority

Local Authority Loan

A single-income or a two-income household may qualify for a local authority loan to buy a home subject to an income limit. You are unlikely to get a loan if your only income is a social welfare payment.

Apply to: your local authority

Rent Supplement

Rent supplement is paid to people living in private rented accommodation who cannot pay for accommodation from their own resources. To qualify you must be living for 6 of the last 12 months in private rented accommodation (you can combine time living in more than one rented accommodation) or accommodation for homeless, and institution **OR** have been assessed by a local authority as being eligible for and in need of social housing in the last 12 months. Must also pass a means test and HRC. You will not qualify if you are in full-time employment.

Apply to: the Community Welfare Officer (*see page 66*)

Mortgage Interest Supplement

Provides short term support to help you pay the interest portion of your mortgage repayments.

Apply to: the Community Welfare Officer (*see page 66*)

Rental Accommodation Scheme

In general, people who are getting Rent Supplement for more than 18 months are being considered for RAS and in need of long-term housing. The scheme is run by local authorities who draw up contracts with the landlords to provide housing for an agreed term. The local authority pays the rent directly to the landlord.

Apply to: your local authority.

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Leisure and Social



Things to do during the day

Sometimes it can be boring staying at home all day. Going somewhere to meet other people can be a break for you, and for the people who care for you. There are lots of different opportunities and activities that you might want to try and here are a few ideas.

Sligo Sports Partnership

At Sligo Sport and Recreation Partnership our aim is to support increased participation in sport and active recreation throughout County Sligo. In achieving this we provide assistance in the areas of sports development, education and training and general information on sporting activities in Sligo. We work in partnership with sporting clubs, community organisations and local agencies in achieving our goal of having **MORE PEOPLE, MORE ACTIVE, MORE OFTEN.**

Sports Inclusion Disability Officer (SIDO) – Shane Hayes

Sligo Sports Partnership includes the SIDO programme and has made significant progress in the provision of sporting and active recreational opportunities for people with disabilities throughout the county.

Contact: Sligo Sport and Recreation Partnership, VEC Offices, Riverside, Sligo **Tel:** 071 9161511

Social and Recreational Clubs

Chez Nous / Club 91

The Chez Nous Club is a social, leisure and recreational centre catering exclusively for the needs of children and adults with an intellectual disability. It is a place of fun, leisure, laughter, chat, song and music, a special place where personal dignity and safety are guaranteed.

Relaxed conversation, social interaction and personal enjoyment are part of the environment, with support and encouragement always available.

Club Opening Times:

Wednesday to Sunday Evenings: from 7.00 pm - 10.00 pm

Friday to Sunday Afternoons: from 2.00 pm - 5.00 pm

Contact: The Manager. **Tel:** 086 8179793 **E-mail:** club91@eircom.net

Holy Family Saturday Club, Sligo (Children 3-8 Years)

North West Parents and Friends Association in partnership with the HSE provide a Saturday Club for children 3-8 years on a fortnightly basis, located at the Holy Family Pre-school, Ballytivnan, Sligo. This club caters for children who require an enhanced level of support and provides an initial break away from home at weekends in preparation for future respite or home support services.

Activities are delivered as part of a group in a child friendly setting to promote the social development of each child and address their recreational needs. The Saturday Club provides a natural progression to social clubs for older children and teenagers.

Referrals can be made via the Counsellor for Special Needs Service or directly to Mary McNarser, Holy Family **Tel:** 071 9161484

Opening Time: Alternate Saturdays 2.00 pm - 5.00 pm

The Avalon Centre

(Formerly St. Annes Youth and Community Centre, Chapel St, Sligo)

The Avalon Centre is a youth and community centre, whose aim is to maintain a facility for the personal, social, cultural and educational development of children and young people, and to undertake programmes which will provide for the enhancement of life, and participation of people in the community.

The Centre has initiated a number of integrated inter-ability programmes with both young people and adults.

This is achieved through working in partnership with relevant agencies – Learning Disabilities Services, Autism Services, Physical and Sensory Disability Services, VEC and other Agencies. Programmes are designed to meet the needs and ability of individuals and groups. Dance, movement, and samba drums are included in these programmes.

Programmes include:

“Kids Stuff” Saturday Activity Club:

This is an integrated activity club for children ages 7 to 11. This Programme has an emphasis on fun and play. Activities include dance, arts and crafts, sport and fun activities.

In individual cases the programme is designed according to the choice, level of ability and temperament of the child. This programme offers opportunities for social interaction and has a particular focus on children who experience difficulties in this area.

Opening Time: Saturday 2.30 pm - 4.30 pm

Junior Club:

Programmes include sports, dance, recording music, songwriting and arts and crafts for children ages 7 to 12.

Opening Time: Wednesday 7.00 pm - 8.30 pm

Senior Integrated Club:

Programmes include sports, dance, recording music, song writing and arts and crafts for young people ages 13 to 16.

Opening Time: Tuesday 7.30 pm - 9.30 pm

Afterschool Project:

Is an after school club for children with Autism and a learning disability, with the objective of enhancing communication, building social integration and promoting social inclusion through integrated activities, with a focus on **FUN**.

Opening Time: Tuesday 3.30 pm - 5.30 pm

“Teens Adventure” Afterschool Programme:

Is an after school adventure programme for children with Autism ages 7 to 16 years, with the objective of enhancing communication, building social integration and promoting social inclusion through integrated adventure activities. Programme includes canoeing, rock climbing, orienteering and bowls.

Opening Times: Wednesday 3.00 pm - 6.00 pm
Friday 4.00 pm - 7 pm

Community Access Computer Programme:

For pre-teens and teenagers with Autism/Asperger’s Syndrome to enhance computer skills in a community setting and promote progressive integration into other mainstream age appropriate group activities.

Opening Time: Tuesday 6.00 pm - 8.00 pm

Summer Camp:

Aims to promote healthy living. It provides a holiday at home for young people ages 8 to 16 for the month of July and is designed to help them enjoy activities which are fun, active, challenging and healthy. These include hill walking, canoeing, treasure hunts, sports, orienteering, arts and crafts, assault course, day trips and many more activities.



Autism Specific Summer Camp:

For young people ages 7 to 11 and 12 +. This takes place the end of July, beginning of August. The programme is for children on the Autism Spectrum. Programmes include canoeing, orienteering, beach activities as well as indoor activities.

Summer Camp in Partnership with the Respite Services:

This programme runs for three weeks in August. It is an adventure packed programme including canoeing, orienteering, beach activities, sports, day trips, arts and crafts.

Moving On Up:

A programme for young adults who have reached the age of 18 and who are moving on from Senior Club. The programme includes dance, arts and crafts, aerobics.

Opening Time: Tuesday evenings 7.00pm - 9.00pm

Samba Dance:

Workshops for adults with learning/physical disabilities in partnership with other Service Providers.

Contact: Programme Development Co-ordinator

Tel: 071 9151203 / 9161836

Childhood Days, Laird House, Drumshanbo

Childhood Days is a voluntary support and after school social club for children with Special Needs to provide equal opportunities and integrated extracurricular recreational activities.

The After School club provides a service 5 days a week from 2pm–6pm

A day care service every Saturday from 10.30am–5.30pm, including social and leisure opportunities for children with Special Needs in an integrated setting.

Outreach activities including horse riding, bowling, swimming and social outings are provided on a regular basis.

Childhood Days also provides extended hours during school closures and can provide limited transport on certain routes.

Parents can relax in the knowledge that the children are well cared for and are provided with stimulating outings and activities in a caring homely atmosphere.

There is also an Autism specific Drama Club based in Childhood Days, Drumshanbo which provides social and communication skills, movement and expression through Drama.

Childhood Days is supported by the Counsellors for Special Needs Service and the Autism Service, Leitrim. (see page 5 under *Support with Parenting*)

Contact: The Manager. **Tel:** 071 9640887

Mighty Ducks Swimming Club

Mighty Ducks Swimming Club is a swimming club for children with Special Needs, based in Riversdale Leisure Centre, Ballinamore, which offers a range of swimming classes, coaching and training opportunities on a weekly basis. These sessions are available without charge to children with Special Needs and their families.

Contact: The Manager. **Tel:** 071 9636032


Pegasus Centre

Pegasus-Horses Help People is a fulltime specialized therapeutic riding centre, providing the proven benefits of therapeutic riding and animal assisted activities to people who are marginalized or disadvantaged, and who experience physical, sensory, emotional and/or learning challenges, or other specific needs.

Pegasus promotes tolerance of diversity and social inclusion.

Ability, not disability is our motto.

We serve clients from the age of 3 years, and specialise in one-on-one sessions. For schools and other organisations we also offer small group lessons at request. At weekends, and mid-week after school,



we offer socially integrated riding activities with our rider's siblings, families, friends and peers.

All riders must complete a rider application and medical consent form prior to participation.

For more information on benefits and application, please visit our website, or contact Tina Schmill (Founder) any time.

Pegasus is currently available Tuesdays - Saturdays, 9 am -5 pm.

Contact: 087 2220302

E-mail: pegasuscentre@eircom.net

www.pegasuscentre.org

The South Sligo Arch Club, Tubbercurry

The Arch Club promotes social activities for adults with intellectual disabilities from the South Sligo area. The Club meets every Tuesday evening in St Bridget's Hall, Tubbercurry. Activities include discos, theatre, outings and exchange visits on a weekly basis with the aim to provide meaningful, community social experiences for people.

Contact: The Chairperson. **Tel:** 087 2791029

Carde Liatroma Club, Drumshanbo

A social club for adults has been established in the South Leitrim area. This is an initiative by parents, service providers, learning Disability Services and Leitrim Partnership Committee.

This club provides social events and activities to meet the varying needs of up to 60 individuals in the area. Events are on monthly basis and are planned to provide a wide and varied programme timetable.

Contact: The Chairperson. **Tel:** 087 6702903

Special Olympics

Special Olympics is a year round sports training competition for



Special Olympics Ireland

children and adults with an intellectual disability first introduced into Ireland in 1978. There are 13 sports on offer in the Special Olympics Ireland Programme. Athletics, Aquatics, Badminton, Basketball, Bocce, Bowling, Equestrian, Golf, Gymnastics, Kayaking, Pitch n' Putt, Soccer, Table Tennis. We also offer Motor Activities, which is a training programme for athletes who have not acquired the necessary skills to participate in the official sports. The Special Olympic oath is recited by athletes at the beginning of all sporting events.

“Let me win, but if I cannot win let me be brave in the attempt”

The benefits of participation in Special Olympics for persons with an intellectual disability include improved physical fitness and motor skills, greater self-confidence, a more positive self-image, friendships and increased family support. Special Olympics athletes carry these benefits with them into their daily lives at home, in the classroom, on the job and in the community. Families who participate become stronger as they learn a greater appreciation of their athlete's talents. Community volunteers find out what good friends the athletes can be and everyone learns more about the capabilities of people with an intellectual difficulty.

Contact: Special Olympics Connaught, The Gateway Building,
North West Business Park, Collooney, Co Sligo

Tel: 071 9118320/9118328



Sligo/Leitrim Special Olympics Clubs:

Leitrim Special Olympic Club: Mohill/Carrick on Shannon/
Drumshanbo.

Tel: 071 9648399

Manorhamilton Special Olympic Club: Manorhamilton.

Tel: 071 9820032/9855462

Splashin' Penguins Swimming Club: Sligo Sports Complex.

Tel: 071 9161841

Mighty Ducks Swimming Club: Ballinamore, Co. Leitrim.

Tel: 071 9636032

Nightriders Equestrian Club: McGarry's Stables, Sligo.

Tel: 071 9146678

The Pegasus Centre Equestrian Club: Grange, Co. Sligo.

Tel: 071 9173032

Fairways Golf Club: Rosses Point, Sligo.

Tel: 071 9177700

Sligo Special Olympics Network Club: Sligo.

Tel: 071 9173166

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Benefits and Tax

Money gives you the chance to do things with your life. Making the most of your money can be difficult so this chapter tells you who to contact to make sure you are getting the right benefits and how to find help managing your money.



Social Welfare payments are broken down into two types as follows:

Social Insurance Payments

Social Insurance Payments apply to insured workers and are based on PRSI contributions they pay, the most common PRSI payment is Class A.

Means Tested Payments

Means Tested Payments identify whether you are able to support yourself from your own assets/income and what amount of payment if any you may qualify for. Means tests are complex, your income from nearly all sources is taken into account, e.g. savings and investments, cash income and property.

Main Disability Benefits

Payments for people with disabilities, paid by the Department of Social Protection:

- Illness Benefit
- Invalidity Pension
- Disability Allowance
- Blind Pension
- Fuel Allowance

Social Insurance (PRSI) Payments

Illness Benefit

- › A payment based on PRSI contributions for people who cannot work due to illness
 - › Minimum 104 paid PRSI contributions required since you first started work and 39 weeks paid or credited PRSI contributions in the relevant tax year
 - › Apply within 7 days of becoming ill
 - › No payment made for the first three days of illness
- › To claim Illness Benefit get a first social welfare medical certificate (which includes a claim form) from your doctor
- › For claimants with 260 (5 years) or more contributions, payment is for maximum of 104 weeks (2 years)
- › Claimants with between 104 and 259 weeks contributions qualify for up to 52 weeks payment Invalidity Pension may be claimed if the illness/disability persists

Invalidity Pension

- › Long-term payment for people with sufficient paid/credited PRSI and permanently incapable of work due to illness/disability
- › Claimant may also get Free Travel and Household Benefits
- › Apply on Form INV1 to your Social Welfare Local Office or Invalidity Pensions, New Claims Section, Department of Social Protection, Longford

Occupational Injuries Benefit Scheme

OIB applies to people with an occupational disease or who have been injured due to an accident at work - or while travelling directly to or from work. Main benefits are Injury Benefit and Disablement Benefit.

Injury Benefit

- › Short-term payment (26 weeks) for insured people who are unable to work due to an accident at work or an occupational disease

- › Apply for Injury Benefit with a first social welfare medical certificate (which includes the claim form) available from your doctor

Disablement Benefit

- › Payment for insured people who have lost physical or mental abilities as the result of an occupational disease or a work-related accident
- › Can be paid as a single lump sum (called Disablement Gratuity) or a regular payment (called Disablement Pension)
- › Payment made where the level of disablement is assessed at 1% or more
- › Can be paid as a single lump sum (called Disablement Gratuity) when the disablement is assessed as less than 20% or as a regular payment (called Disablement Pension) when the disablement is assessed at more than 20%
- › Apply on Form OB21, available from your Social Welfare Local Office or Disablement Benefit Section, Department of Social Protection, Store Street, Dublin 1. **Tel:** 01 7043108

Means-tested payments

Disability Allowance

- › Long-term social welfare payment for people between 16 and 66 with a disability that is expected to last at least a year. You must satisfy a means test and a habitual residence test
- › Apply on Form DA 1 to Social Welfare Local Office or Disability Allowance Section, Department of Social Protection, Longford. **Tel:** 043 3340000

Blind Pension

- › Long-term means-tested payment made to people, aged between 18 and 66, who are blind or have low vision
- › If you qualify for Blind Pension, you will automatically get free travel. You may also qualify for other social welfare schemes
- › Apply on Form BP 1 to Blind Pension Section, Department of Social Protection, Sligo. **Tel:** 071 9157100

Blind Welfare Allowance

- › Supplementary HSE payment to a person who is:
 - › blind or has low vision,
 - › getting Blind Pension or Disability Allowance,
 - › in need of extra support

Apply to: your Local Health Office

Supplementary Welfare Allowance (SWA)

- › Means-tested payment for eligible people with little or no income. It consists of a basic payment called Supplementary Welfare Allowance and other financial supports which include:
 - › Rent Allowance
 - › Mortgage Interest supplement
 - › Dietary Supplement
 - › Special Heating Needs Supplement
 - › Exceptional Needs Payments
 - › Back to School Clothing and Footwear Scheme
 - › Urgent Needs Payment

Contact: Community Welfare Services – **Sligo:** 071 9135009 / 35011
Leitrim: 071 9650326

Tax credits and allowances

Allowance for employing a carer

- If you or your spouse are incapacitated, and you or a family member employ someone as a carer, relief can be claimed - at your highest rate of tax - for the cost of the employment.

Home Carer's Tax Credit

- Tax credit for married couples (taxed jointly) where one spouse, with income not exceeding a certain amount works in the home (for example caring for a permanently incapacitated person) Reduced tax credit applies where income is between a certain amount.

Apply: Home Carer's Tax Credit IT66 Claim Form.

Blind Person's Tax Credit

- If you have a visual impairment you may apply for tax relief. In order to apply you must have a certificate from an ophthalmic surgeon (a physician who performs eye surgery). The certificate must state: That your best vision does not exceed 6/60 visual acuity in the better eye with corrective lenses or that the widest diameter of your visual field subtends an angle no greater than 20 degrees.
- The certificate issued by your ophthalmic surgeon should state whether the visual impairment is permanent, or temporary. If it is temporary, you will need a certificate for each year for which the credit is claimed. Otherwise the tax credit remains indefinitely.

Incapacitated Child Tax Credit

The Incapacitated Child Tax Credit may be claimed by a parent/guardian of a child who is permanently incapacitated, either physically or mentally and became so before reaching 21 years of age or becomes permanently incapacitated after reaching the age of 21, but while still in full-time education or while training for a trade or profession for a minimum of 2 years.

- › The credit can also be claimed in respect of: a stepchild; a formally/informally adopted child or any child of whom a person has custody, who is maintained at the person's own expense and who is permanently incapacitated.
- › A credit may be claimed for each child where more than one child is permanently incapacitated.

Dependent Relative Tax Credit

- › It is a tax credit given to a tax payer who maintains a relative who has a disability or aged 65 or over, a widowed parent, a son or daughter who lives with the tax payer and on whom the tax payer relies because of old age or infirmity. (In this case it is the son or daughter who is dependent for tax purposes).

Guide Dog Allowance

- › An additional allowance is available if you, or your spouse, have a trained guide dog. (Guide dogs are especially trained to lead blind or visually impaired people around obstacles). To claim the allowance you must have a letter from Irish Guide Dogs for the Blind confirming that you are a registered owner.

Deed of Covenant

- › Tax relief on a Deed of Covenant is limited to a percentage of your total income where the person receiving the covenant is aged 65 or over and is unrestricted if the person ('covenantee') is permanently incapacitated.

Medical expenses relief

- Available for most unreimbursed, non-routine medical and dental expenses for yourself and on behalf of any other person. Expenses can include doctor visits, treatment or maintenance in hospital or approved nursing home, transport by ambulance, specialised dental treatment and certain items prescribed by a doctor etc. Relief is granted at the standard rate since 2009, apply on Form Med1 for non routine medical expenses and Med2 for Dental Expenses, time limit on claims is 4 years.

Refund of Value Added Tax (VAT) on Aids and Appliances

- A refund of VAT is available for certain aids and appliances
- Aids/appliances must be used by someone with a disability to assist them with independent living and working
- Apply on Form 61A to Office of the Revenue Commissioners
M:TEKII Building, Armagh Road, Monaghan **Tel:** 047 62100

Communications

Scheme for Text Telephone Equality of Payment (STEP)

Application forms from: Deafhear.ie, 35 North Frederick Street, Dublin 1.
Tel: 01 8175700 **Minicom:** 01 8175777

www.deafhear.ie

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Transport



If you find it a bit difficult getting out and about, then information about transport is really important. Having good transport services and support means you can go to different places and do the things you want to do.

irishrail.ie

Website: www.irishrail.ie

Station Name: McDiarmada Station

Station address: Iarnród Éireann,
Lord Edward St, Sligo.

Tel: 071 9169888

Station Name: Carrick on Shannon

Station address: Iarnród Éireann,
Cortober, Carrick on Shannon,
Co Leitrim.

Tel: 071 9620036


Bus Éireann

Website: www.buseireann.ie

Sligo Bus Éireann,
McDiarmada Station, Sligo.

Tel: 071 9160066

Ballina Bus Éireann,
Bus Station, Ballina, Co. Mayo.

Tel: 096 71800

E-mail: info@buseireann.ie

Transport supports available

Mobility Allowance

This is a means-tested supplementary monthly payment from the Health Service Executive (HSE) for people between the ages of 16 and 66 with severe disabilities who are unable to walk.

Apply to: HSE West Community Services.

Sligo: 071 9155100 / **Leitrim:** 071 9650300.

Disabled Person's Parking Card

The Disabled Person's Parking Card (also known as the European Parking Card) is for people, whether they are drivers or passengers, with severe disabilities which affect their mobility, including people who are registered as blind. The card applies to the person rather than the car and allows for parking in disabled parking spaces. Generally, the card is not issued to anyone under five years of age. Apply in writing for an application form, stating your disability and how it affects your mobility, enclosing a stamped, addressed envelope to:

Apply to: Irish Wheelchair Association, National Mobility Centre, Ballinagappa Road, Clane, Co. Kildare **or to** Parking Card Section, Disabled Drivers Association of Ireland, Ballindine, Co. Mayo

Exemption from Toll Charges

Disabled drivers and disabled passengers with specially adapted vehicles in Ireland are exempt from toll charges on national roads throughout Ireland. A toll is a levy on each vehicle that passes through a designated toll road. To obtain a National Toll Roads (NTR) Concessionary Travel Card, you are required to complete an application form, supplying proof that you are a disabled driver or passenger and that you are driving (or are a passenger in) and adapted vehicle.

Apply to: National Toll Roads PLC Concessionary Travel Section
East-Link Toll Bridge Ltd York Road, Ringsend, Dublin 4.

Motorised Transport Grant

This is a means-tested grant paid by the HSE towards the purchase and/or adaptation of a car by a person with a severe disability where the car is essential to obtain or retain employment. The grant can be made to a self-employed person. Apply to: your Local Health Office

Adaptations and Driving

The Irish Wheelchair Association and the Disabled Drivers Association of Ireland provide advice on suitable car adaptations to meet individual needs. They run driving schools for people with disabilities and can provide information and advice on all aspects of motoring.

Contact: Irish Wheelchair Association, National Mobility Centre, Ballinagappa Road, Clane, Co. Kildare **or to** Parking Card Section, Disabled Drivers Association of Ireland, Ballindine, Co. Mayo

Free Travel Pass

The Free Travel Pass is available to people aged 66 years and over and to certain incapacitated people under this age. It allows you unlimited free travel on public transport and on a number of private bus and ferry services. People who are entitled to free travel are also entitled to have their spouse or partner travel free with them. In addition, if you are unable to travel alone for medical reasons, you may get a Companion Free Travel Pass which allows a person over the age of 16 years to accompany you, free of charge.

Apply to: Free Travel Section, Social Welfare Services, College Road, Sligo

Companion Travel Pass

- Certain people, medically assessed as being unfit to travel alone, can have someone aged 16 or over accompany them
- Application forms available from from Free Travel Section, Department of Social Protection, Sligo **Tel:** 071 9157100

Disabled Drivers and Passengers Tax Relief

- This scheme provides a range of tax reliefs in connection with the purchase and use of specially adapted vehicles by drivers and passengers with severe disabilities and you must hold a primary medical certificate to qualify
- Apply on Form DD1 to Office of the Revenue Commissioners
M:TEKII Building, Armagh Road, Monaghan **Tel:** 047 62100

Primary Medical Certificate

A Primary Medical Certificate is issued by the HSE and confirms that a person meets the medical criteria set out in the Disabled Drivers and Disabled Passengers (Tax Concessions) Regulations 1994. To apply for this, you must complete an application form available from your local health office.

Area Medical Officer

The Area Medical Officer is involved in assessing people with physical & sensory disability who apply for:

- Primary Medical Certificate for refund of VAT and Excise duty on cars.
- Motorised Transport Grant – which is a means tested grant towards purchase/adaptation of a car.
- Mobility Allowance – means tested allowance for those with seriously restricted mobility.

On occasions applicants for the above allowances are also referred to other HSE services if their need is identified during the assessment.

Contact: Area Medical Officer, Community Services.

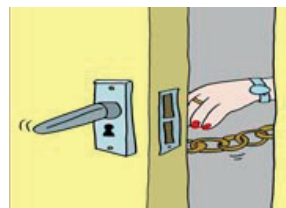
Tel: 071 9155122

If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.

Keeping Safe

You have the right to be respected and not be treated badly or bullied. You have the right to:

- › live free from violence, fear and abuse
- › be protected from harm
- › be independent, even if this means you want to take risks.



You also have the right to be part of your community and feel comfortable in the community.

Here are some examples of things that people should not do to you. Another person should not:

- › tell you what to do
- › bully you
- › hurt you
- › take your things unless you say so
- › make you do something you do not want to
- › tell you who you can and cannot spend time with
- › threaten you
- › treat you without respect
- › give you a poor service
- › touch you in a way you do not like
- › not tell you about your rights and choices
- › stop you from complaining about a service or how someone has behaved toward you

People to contact

If any of these things have happened to you, you might choose to tell someone. Telling someone else means they can help you. You can choose who you want to tell. This might be your key worker, social worker, community nurse, family member, carer or friend. You may also need to tell the Gardaí.

If you are in danger you should tell the Gardaí straight away.

Gardaí

If you need Garda advice but it isn't an emergency and you do not need someone to come out and see you, contact either Sligo or Ballymote which are the two Garda Divisions in County Sligo, or, Carrick on Shannon or Manorhamilton which are the two Garda Divisions in Leitrim.

Sligo is in the Sligo/Leitrim Division and in Sligo District.

Sligo Garda Station, Pearse Road, Sligo. **Tel:** 071 9157000
Divisional HQ: Sligo. **Tel:** 071 9157011

Ballymote is in the Sligo/Leitrim Division and in Ballymote District.

Ballymote Garda Station, Cremery Road, Ballymote, Co. Sligo.
Tel: 01 9189500. District HQ: Ballymote. **Tel:** 071 9189507

Carrick-on-Shannon is in the Sligo/Leitrim Division and in Carrick-on-Shannon District.

Carrick-on-Shannon Garda Station, Shannon Lodge, Carrick-on-Shannon, Co. Leitrim. **Tel:** 071 9650510
District HQ: Carrick-on-Shannon. **Tel:** 071 9650517

Manorhamilton is in the Sligo/Leitrim Division and in Manorhamilton District.

Manorhamilton Garda Station, Clooneen, Manorhamilton, Co. Leitrim.
Tel: +353 71 9820620 District HQ: Manorhamilton. **Tel:** 071 9820627

To report a crime you can contact the above numbers.

Always dial 999 for emergencies, if someone is in danger or a crime is in progress.

Victim Support

This is a telephone helpline you can call if you have been the victim of any type of crime. A hate crime can be any behaviour that you think has happened to you because of your disability, your race, religion of faith, or because of your sexual orientation

Crime Victims Helpline: 1850 211 407

Crime Victims and Family Liaison Office

An Garda Síochána is very conscious of the special place which victims have in the Garda service delivery process and the criminal justice system. It is committed to establishing a helpful and supportive relationship with each victim.

This office works very closely with the Victims of Crime Office, the Commission for the Support of Victims of Crime, the Department of Justice Equality and Law Reform and all the Victim Support Services nationally.

Family Liaison Officers

Garda Family Liaison Officers are appointed to keep victims' families informed of the progress of the investigation and to ensure that they are afforded appropriate and relevant emotional, psychological, information and practical support.

The Victim Support Unit can be contacted at:

Crime Victims & Family Liaison Office,
Community Relations & Community Policing, Garda Headquarters,
Harcourt Square, Dublin 2.

Tel: (01) 6663804

E-mail: community_relations@garda.ie

10 Tips on How to be Safe

There are things you can do to help you feel safe when you are at home and out and about.

1. Ignore and walk away from people who tease or bully you or talk to you in a way you do not like. TELL someone – a friend, family member, or someone else you can trust.
2. Do not get involved with strangers - do not do anything they tell you to do.
3. When you go out, make sure other people are around. Use busy roads and places. Look confident.
4. Keep your things safe – keep your money and mobile phone in a bag where no-one can see them.
5. Have emergency money with you. Keep it in a separate place to your other money so if you lose your bag or wallet you still have money. This is in case your bus does not turn up or to use in a phone box.
6. Carry a written note with your information on - your name, address, doctor's information and any medication you are taking and a contact person. It can be difficult to remember things in an emergency, if anything happens.
7. If you feel worried or in danger, tell someone. You can go into a shop or pub, or go to the Gardaí station. Shout or make a lot of noise to let people know you are worried.
8. At home, always close windows and lock your door when you leave.
9. Only let people into your house who you know, or who you are expecting to visit you. Ask to see the person's badge. If you are still not sure, say 'no' to them.
10. Think road safety. Cross at pelican and zebra crossings. Do not wear personal stereos when crossing the road because you cannot hear the traffic.

ICE – In Case of Emergency

This is an idea to help you if you have an emergency or if you are in an accident.

It means that the people who are helping you at that time can find out who to contact for you and tell them what has happened.

All you need to do is create a new name 'ICE' on your mobile phone book and then add the telephone numbers for the person you want to be your emergency contact.

This could be a member of your family or another important person. You need to make sure the person you use is happy to be your emergency contact.



**If you require further information or help to fill out forms, etc...
Contact your nearest Citizens Information Service.**

Useful telephone numbers



Category	Support Group	Telephone	Email/Website
Abuse	Amen	046 902 3718	www.amen.ie
Abuse	Aoibhneas	01 867 0701	www.aoibhneas.ie
Abuse	Cari	01 861 1240 /1890 924 567	info@cari.ie (general queries) www.cari.ie
Abuse	Domestic Violence Advocacy Service	071 914 1515	www.domesticviolence.ie
Abuse	Faoiseamh	1800 331 234	www.faoiseamh.com
Abuse	One in Four	01 662 4070	info@OneInFour.org www.oneinfour.org
Abuse	Rape Crisis & Sexual Abuse Sligo, Leitrim & West Cavan	071 917 1188 / Free phone Emergency 1800 750 780	info@srcc.ie
Abuse	Rape Crisis & Sexual Abuse Counselling Centre	071 914 2161 Free phone 1800 235 234	regional.counselling@hse.ie www.hse-ncs.ie

Category	Support Group	Telephone	Email/Website
Addiction	Alcoholics Anonymous	071 917 0329 01 453 8998	stmichaelsfamilylifecentre@eircom.net www.stmichaelscentre.wordpress.com
Addiction	Gambling - Gam-Anon	071 917 0329	stmichaelsfamilylifecentre@eircom.net www.stmichaelscentre.wordpress.com
Addiction	Narcotics Anonymous	01 672 8000 086 814 9004	www.na.ireland.org
Addiction	Northwest Regional Drug Taskforce	071 914 3027	www.nwdrugtaskforce.ie
Addiction	The Rutland Centre	01 494 6358	rutland@iol.ie www.rutlandcentre.org
Animals	Sligo Society for the Prevention of Cruelty to Animals (SSPCA)	071 916 7737	
Awareness	The Drug Awareness Programme	01 836 0911 1800 459 459	www.drugs.ie
Children Support Groups	Childline	1800 666 666	ispcc@ispcc.ie www.ispcc.ie

Category	Support Group	Telephone	Email/Website
Children Support Groups	County Childcare Committee – Sligo Leitrim	071 914 8860 071 964 0870	sligochildcare@gmail.com www.sligochildcare.ie www.leitrimchildcare.ie
Counselling	Restore	071 914 2161	
Counselling	Samaritans	071 914 2011 / Callsave 1850 60 60 90	www.samaritan.org
Education	County Sligo VEC	071 914 5025	www.sligovec.ie
Education	County Leitrim VEC	071 962 0024	www.leitrimvec.ie
Employment	FÁS – Sligo FÁS – Carrick-on-Shannon	071 915 9500 071 914 0303 071 962 0503	www.fas.ie
Family Planning	Family Planning Services	071 914 6002	
Government	Revenue Commissioners	071 914 8600	www.revenue.ie
Government	Sligo County Council	071 9111 111	info@sligococo.ie www.sligococo.ie
Government	Leitrim County Council	071 962 0005	www.leitrimcoco.ie

Category	Support Group	Telephone	Email/Website
Government	Dept Social, Protection	071 914 8200 071 914 8222	
Government	Sligo District Court Office	071 914 2429	
Government	Garda Siochana	071 9157000 / 071 9650510 / 999 / 112	
Government	Probation Service	071 962 0966 071 914 5203	
Health	HSE	1850 24 1850	www.hse.ie
Health	Irish Cancer Society	1850 201 203	www.irishcancer.ie
Health	Irish Heart Foundation	1890 432 787	www.irisheart.ie
Health	Sligo General Hospital	071 917 1111	
Homeless	Focus Ireland	01 671 2555 071 914 9974	www.focusireland.ie
Homeless	Homeless Men c/o Sligo Social Services	071 914 5682	www.sligosocialservices.com
HSE	Community Services HSE	071 915 5100	

Category	Support Group	Telephone	Email/Website
Information	Sligo Citizens Information Service	0761 076390	sligo@citinfo.ie
Information	Leitrim Citizens Information Service	0761 075670	carrick-on-shannon@citinfo.ie
Information	Sligo Library Services	071 911 1675	
Information	Leitrim Library Services	071 964 5582	
Information	Leitrim Chamber of Commerce	071 962 2245	www.carrickonshannon.ie
Information	Sligo Chamber of Commerce	071 916 1274	info@sligochamber.ie www.sligochamber.com
Learning Disability	Attention Deficit Disorder (A.D.D./ A.D.H.D.) Support	071 913 0554	
Learning Disability	Inclusion Ireland	01 676 6035	www.namhi.ie
Legal	Legal Aid Board	071 916 1670	www.legalaidboard.ie

Category	Support Group	Telephone	Email/Website
Leisure & Social	County Sligo Heritage and Genealogy Society	071 914 3728	heritagesligo@eircom.net www.sligoroots.com
Leisure & Social	Leitrim Genealogy Centre	071 964 4012	www.leitrimroots.com
Leisure & Social	County Sligo Youth Theatre	071 913 8489	sligoyt@gmail.com
Leisure & Social	Leitrim Youth Theatre	071 962 1694	
Leisure & Social	Fáilte Ireland North West	071 916 1201	northwestinfo@failteireland.ie www.discoverireland.ie/northwest
Leisure & Social	Hawks Well Theatre	071 916 1526	www.hawkswell.com
Leisure & Social	Model Arts Niland Gallery	071 914 1405	info@modelart.ie www.modelart.ie
Leisure & Social	Sligo Art Gallery	071 914 5847	
Leisure & Social	Sligo Art Service	071 911 1826	arts@sligococo.ie www.sligoarts.ie

Category	Support Group	Telephone	Email/Website
Leisure & Social	Sligo Sport and Recreation Partnership	071 916 1511	shane@sligosportandrecreation.ie www.sligosportandrecreation.ie
Leisure & Social	Leitrim Sports And Recreation Partnership	071 965 0498	sports@leitrimcoco.ie
Leisure & Social	The Dock	071 965 0828	www.thedock.ie
Leisure & Social	The Glens Centre	071 985 5833	www.theglenscentre.ie
Leisure & Social	Yeats Society Sligo	071 914 2693	info@yeats-sligo.com www.yeats-sligo.com
Loss / Bereavement	C.A.L.M (Care After Loss of Miscarriage)	071 917 0329	c/o St. Michael's Family Life Centre
Men Support Group	North Leitrim Men's Group	071 985 5347	
Mental Health	Alzheimer's Disease	071 914 6400	www.asisligo@alzheimer.ie
Mental Health	Aware – Sligo National Office	071 915 5120 01 830 8449	www.iol.ie/aware

Category	Support Group	Telephone	Email/Website
Mental Health	Bodywhys - The Eating Disorders Assoc of Ireland	1890 200 444	info@bodywhys.ie www.bodywhys.ie
Mental Health	Console	1800 201 890 01 8574300	info@console.ie www.console.ie
Mental Health	Grow - Sligo	071 915 3623 086 851 6939	noeleenclancykelly@grow.ie
Mental Health	Irish Advocacy Network	047 38682	www.irishadvocacynetwork.com
Mental Health	Living Links	087 969 3021 087 928 6007	
Mental Health	Mental Health Ireland	071 916 7463	
Mental Health	Shine (Nat) West	1890 621 631 091 761 746	www.shineonline.ie cburke@shineonline.ie
Mental Health	Sligo Mental Health Association	071 914 1752	
Mental Health	Stop Suicide	071 916 4286	
Mental Health	T.O.P.S	071 918 3962	

Category	Support Group	Telephone	Email/Website
Money	MABS Sligo MABS Leitrim	0761 072730 0761 072630	www.mabs.ie
Older People	The Senior Helpline	1850 440 444	
People with Disabilities	AHEAD	01 475 2386	www.ahead.ie
People with Disabilities	Sligo Centre for Independent Living (CIL)	071 914 1978	melscil@eircom.net www.cilsligo.ie
People with Disabilities	Leitrim Assoc for People with Disabilities	071 965 1000	
People with Disabilities	Disability Federation of Ireland	01 454 7978	info@disability-federation.ie www.disability-federation.ie
People with Disabilities	Disabled Drivers Assoc.	094 936 4054 094 936 4266	info@ddai.ie www.ddai.ie
People with Disabilities	National Learning Network	071 914 5391	www.sligo.nln.ie
People with Disabilities	People with Disabilities Ireland	01 872 1744	

Category	Support Group	Telephone	Email/Website
People with Disabilities	Rehabcare – Sligo Ballinamore	071 915 0385 071 96 44132	
People with Disabilities	Sligo Network of People with Disabilities in Ireland Ltd	071 916 5965 071 96 31771	sligopwdi@iol.ie
Physical & Sensory Disability	Acquired Brain Injury Ireland	091 700 210	westnorthwestadmin@abiireland.ie www.abiireland.ie
Physical & Sensory Disability	Arthritis Foundation of Ireland	01 661 8188	info@arthritisisireland.ie www.arthritisisireland.ie
Physical & Sensory Disability	Asthma Society of Ireland	01 878 8511 1850 44 54 64	office@asthmasociety.ie nurse@asthmasociety.ie www.asthmasociety.ie
Physical & Sensory Disability	Brainwave	071 915 4625	www.epilepsy.ie
Physical & Sensory Disability	Central Remedial Clinic (Crc).	01 805 7400	www.crc.ie
Physical & Sensory Disability	Deafhear (National) Sligo	01 817 5777 071 919 4975	www.nad.ie

Category	Support Group	Telephone	Email/Website
Physical & Sensory Disability	Diabetes	071 914 6001	
Physical & Sensory Disability	Down's Syndrome	071 916 0879 086 305 7917	www.downsyndromeireland.ie
Physical & Sensory Disability	Headway	1890 200 278	info@headway.ie www.headwayireland.ie
Physical & Sensory Disability	Huntington's Disease	01 872 1303 1800 393 939	hdai@indigo.ie www.huntingtons.ie
Physical & Sensory Disability	Ileostomy, Colostomy and Internal Pouch Association	071 917 7679 071 917 1474 086 360 8798	
Physical & Sensory Disability	Irish Deaf Society	01 860 1878	www.irishdeafsociety.ie
Physical & Sensory Disability	Irish Guide Dogs for the Blind	01 487 8200	
Physical & Sensory Disability	Irish Kidney Association	071 914 4504	

Category	Support Group	Telephone	Email/Website
Physical & Sensory Disability	Irish Wheelchair Assoc. National Sligo Carrick-On-Shannon	01 818 6400 071 915 5522 071 96 20569	www.iwa.ie
Physical & Sensory Disability	Multiple Sclerosis (MS) Sligo	071 914 4748	mstherapycentre.ie
Physical & Sensory Disability	Multiple Sclerosis Society of Ireland	Lo-call 1850 233 233	www.ms-society.ie
Physical & Sensory Disability	Muscular Dystrophy Ireland	01 623 6414	www.mdi.ie
Physical & Sensory Disability	National Council for The Blind	01 830 7033 Lo-call 1850 334 353	www.ncbi.ie
Physical & Sensory Disability	Pals Support Group	1800 359 359	
Physical & Sensory Disability	Post Polio Support Group	071 916 4791	paulalahiff@gmail.com www.ppsg.ie

Category	Support Group	Telephone	Email/Website
Physical & Sensory Disability	Sign Language Interpreting Service (SLIS)	01 413 9670 087 980 6996	slis@slis.ie www.slis.ie
Prisoners	ICPO (Irish Commission for Prisoner's Overseas)	01 505 3156	
Relationships	Accord	071 914 5641	accordsligo@eircom.net
Relationships	Belong To	01 873 4184	belongto@eircom.net www.belongto.org
Relationships	Gay Switchboard	01 872 1055	
Relationships	Glen (Gay & Lesbian Equality Network)	01 415 8411	www.glen.ie
Relationships	Homo-Sexuality	087 989 0336	northwestpride@gmail.com www.nwprideireland.com
Relationships	Parent Support for Gay & Lesbian Children	01 873 4184	belongto@eircom.net www.belongto.org
Religion	Catholic Ireland.net	01 663 3900	www.catholicireland.net

Category	Support Group	Telephone	Email/Website
Religion	Cults Dialogue Ireland	01 830 9384 087 239 6229	www.dialogueireland.org
Religion	Iece (Irish Episcopal Commission for Emigrants)	01 505 3155	
Sexual Health	Sligo G.U.M. Clinic	071 917 0473	
Support Groups	Sligo Social Service Council	071 914 5682	sligosocialservices@eircom.net www.sligosocialservices.com
Support Groups	Cairde	01 855 2111	www.cairde.ie
Support Groups	Cancer Support Services	071 917 0399	scsc@eircom.net , www.sligocancersupportcentre.ie
Support Groups	Carers Resource Centre	071 914 3123	www.carersireland.com
Support Groups	Cherish	1890 662 212	info@cherish.ie www.cherish.ie
Support Groups	Cry	01 839 5438	www.c-r-y.org.uk
Support Groups	Dublin Aids Alliance	01 873 3799	www.dublinaidsalliance.com

Category	Support Group	Telephone	Email/Website
Support Groups	Open Heart House	01 830 5000	www.openhearthouse.ie
Support Groups	Sligo County Community Forum	071 9111 814	cbrennan@sligococo.ie www.sligocommunityforum.com
Support Groups	Sligo Family Resource Centre	071 914 6315	sligofrc@eircom.net
Support Groups	Sligo Family Support Ltd	071 914 6034	lifestartsligo@eircom.net www.lifestartsligo.com
Support Groups	Sligo Northside Community Resource Centre	071 914 7097	sligonorthside@hotmail.com
Support Groups	St. Vincent de Paul Society	071 916 0713	
Support Groups	Sudden Cardiac Death in the Young	01 668 5001 1890 432 787	
Support Groups	The Lets Get Together Foundation	087 691 7609	patbuckleylgtf@yahoo.co.uk www.letsgettogether.ie
Support Groups	Heart Children Ireland	Lo-call 1850 217 017	www.heartchildren.ie

Category	Support Group	Telephone	Email/Website
Support Groups	The Cormac Mcanallen Trust		www.thecormactrust.com
Support Groups for Children	Rainbow Programme	071 917 0329	
Traveller Support Groups	Co Leitrim Partnership- Traveller Services	071 964 1740	
Traveller Support Groups	Irish Traveller Movement (Itm)	01 679 6577	www.itmtrav.com
Traveller Support Groups	Pavee Point	01 878 0255	www.paveepoint.ie
Traveller Support Groups	Sligo Traveller Support Group	071 915 4409	
Victim Support	Victim Support	LoCall: 1850 661 771 Crime Victims Helpline: 1850 211 407	info@victimsupport.ie www.victimsupport.ie
Volunteer	Sligo Volunteer Centre	071 911 1042 071 911 1044	www.volunteersligo.ie

Category	Support Group	Telephone	Email/Website
Womens Support Groups	Breastfeeding - Friends of Breastfeeding Support Group	085 826 2691	
Womens Support Groups	Breastfeeding - La Leche League of Ireland	071 911 2056 086 663 2402	cathmcglincheylll@yahoo.ie
Womens Support Groups	Cura	07191 43659 or Lo-call 1850 622 626	www.cura.ie
Womens Support Groups	Home Birth	071 91 71493 071 96 32052	
Womens Support Groups	Life	1850 281 281	
Womens Support Groups	National Pregnancy	1850 49 50 51	
Womens Support Groups	North Leitrim Women's Group	071 985 6220	
Womens Support Groups	Sligo Women's Network	071 917 1297	

Category	Support Group	Telephone	Email/Website
Womens Support Groups	Women's Aid	1800 341 900	info@womensaid.ie www.womensaid.ie
Youth	Macra na Feirme	087 917 5518	www.macra.ie
Youth	Sligo Youth Information Centre	071 914 4150 071 914 7468 071 914 5578	yicsligo@eircom.net
Youth	North Connacht Youth Info Leitrim	071 964 1721	leitrimyouth@eircom.net
Youth	Spun Out	091 533 693	www.spunout.ie
Youth	Teen-Line Ireland	1800-833-634	www.teenline.ie



Sligo Citizens Information Service

Rockwood Parade

Tel: 0761 076390

Opening Hours:

9.30am to 12.30pm

2pm to 4.30pm

Monday to Friday

Tubbercurry Office

Tel: 071 912 0433

Opening Hours:

9.30am to 1pm

Monday to Thursday

Ballymote Outreach

(by appointment only)

Tel: 0761 076390

