



SUPPORT PATHWAYS



For Children & Young People with
Additional Needs in Cavan & Monaghan
Information booklet for Parents and Caregivers





INTRODUCTION



This booklet provides information on services and supports for children and young people aged 0–18 with additional needs.

We hope this booklet can support parents to access the right service at the right time for their child / young person with additional needs and help navigate what is often a complex journey.

This booklet is based on current knowledge in this area. It is intended as a guide only and is not exhaustive. However, it is hoped that this booklet will provide some guidance and support to parents and caregivers of children with additional needs.

We would like to acknowledge with gratitude the authors of the Kerry CYPSC “Support Pathways for Children & Young People with Additional Needs” booklet who allowed us to borrow heavily from their document. We would also like to acknowledge with gratitude the contribution of all agencies & families who contributed to the development of this booklet.



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QR CODE INFO

Scan this QR code for a complete list of all contact details, resources, useful links and forms contained in this information booklet

CYPSC CAVAN



SCAN ME

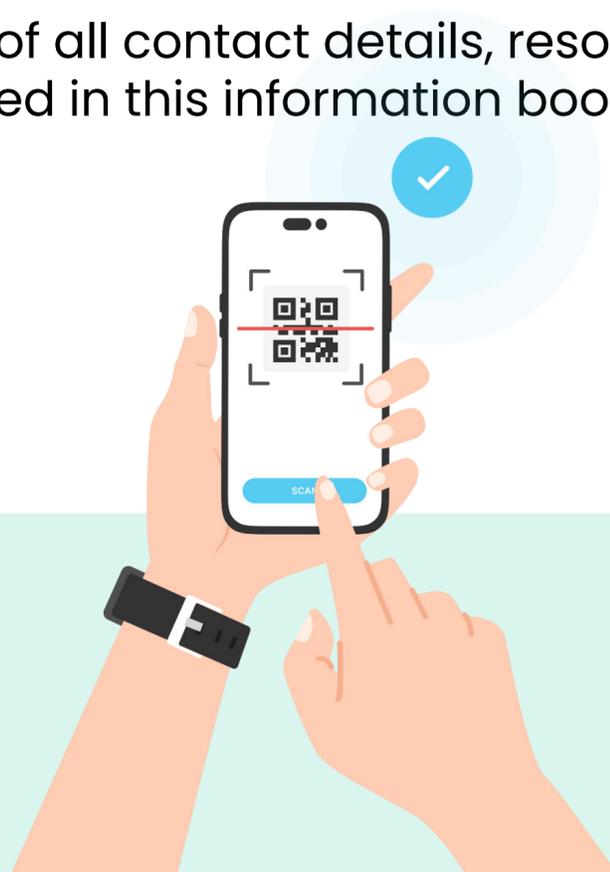
CYPSC MONAGHAN



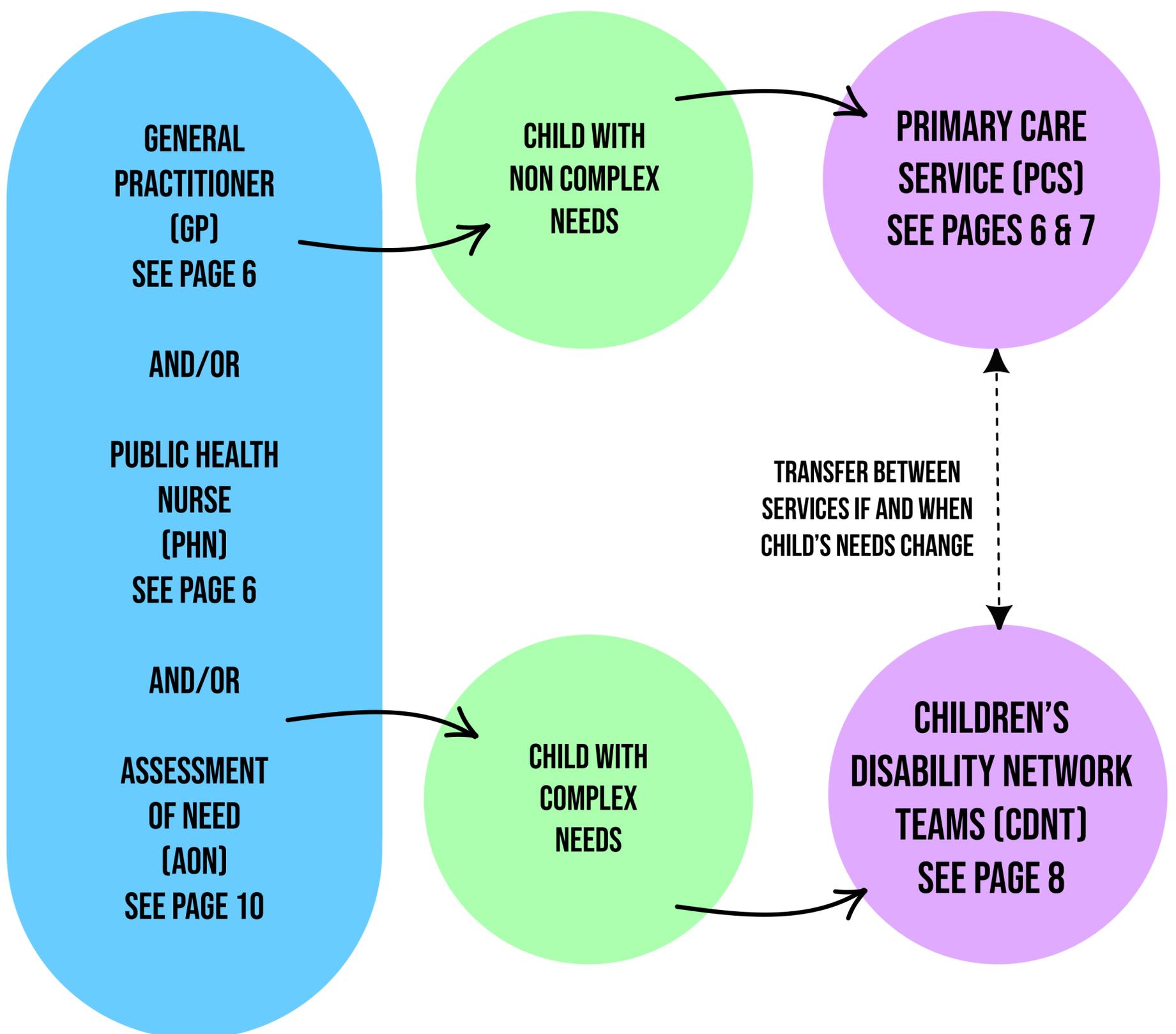
SCAN ME

How to scan a QR code

1. Open the camera app on your phone.
2. Hold your phone over the QR code so that it appears in view.
3. Tap the notification that appears to open the link associated with the QR code.
4. This will bring you to the list of all contact details, resources, useful links and forms contained in this information booklet



REFERRAL PATHWAYS FOR PUBLIC HEALTH SUPPORTS



HEALTH SUPPORTS

General Practitioner (GP)

In Ireland, a GP (your local doctor) is often a first point of contact if you would like to access specialist primary or secondary disability or mental health services. The GP can refer you to other health professionals (e.g., in Primary Care Services and/or Children's Disability Network Teams). Your GP can also make a referral to Child and Adolescent Mental Health Services (CAMHS) if you have concerns about ADHD or significant anxiety/mental health difficulties. Make an appointment with your GP to discuss your concerns.

Public Health Nurse (PHN)

Can provide supports to children with a disability throughout their childhood years and can make a referral to specialist primary or secondary disability services. You can make a regular appointment with your PHN to discuss your concerns. Contact your PHN through your local Health Office.

Continence Care Provision

All children aged four and over who are unable to toilet train are entitled to an assessment and may be provided with continence care products/nappies from the HSE.

Contact your local PHN for more details.

FIND YOUR LOCAL HEALTH OFFICE

| CAVAN PRIMARY CARE CENTRES | |
|----------------------------|------------|
| ARVAGH KILLESHANDRA | 0494353167 |
| BAILIEBOROUGH SHERCOCK | 0429675540 |
| BALLYJAMESDUFF | 0498546259 |
| CAVAN A | 0494353100 |
| CAVAN B | 0494378900 |
| COOTEHILL | 0495552555 |
| VIRGINIA | 0498546222 |
| WEST CAVAN | 0499525524 |

| MONAGHAN PRIMARY CARE CENTRES | |
|-------------------------------|------------|
| CARRICKMACROSS | 0429674800 |
| CASTLEBLANEY | 0429740462 |
| CLONES | 04758140 |
| MONAGHAN A | 04730400 |
| MONAGHAN B | 04730400 |

What are Primary Care Services (PCS)?

Primary Care Services are delivered through the Community Healthcare Network (CHN) structure which is a foundational step in building a better health service and shifting towards Primary Care and community-based service provision. The Community Healthcare Network structure enables a better service for those who use our health and social care services and for staff delivering them.

Primary Care Services provide a suite of therapy services which include Physiotherapy, Speech and Language Therapy, Occupational Therapy, Dietetics, Podiatry and Social Work.

If your child's **needs are noncomplex** and they have a mild or moderate impact on your child's life, their needs may be met by the relevant Primary Care health professionals. GPs can now send Children Service Referral forms directly into the relevant Community Healthcare Network. Referrals for Primary Care Services can be made via:

**The National
Children
Services
Referral Form**



WHAT HEALTH PROFESSIONALS ARE IN PRIMARY CARE SERVICES (PCS)?

Speech and Language Therapist (SLT)

Speech & Language Therapists (SLTs) provide assessment, diagnosis & therapy for children with a wide range of speech, language, and communication needs in addition to feeding, eating and drinking difficulties. SLTs work within the multi-disciplinary primary care team and with stakeholders in a wider context e.g. school personnel.

Occupational Therapist (OT)

Occupational Therapy for children and young people focuses on developing the skills for life. OTs aim to enable children to perform day to day tasks and activities at home, at school and in the community. Their goal is to help each child to achieve their own potential in a meaningful way.

This could include:

- Self-care
- Play
- Sensory processing that impacts on function
- School skills - writing and organisation

Physiotherapist

Helps the clients to achieve maximum range of movement and physical ability.

Psychologist

Supports children with mild to moderate psychological difficulties, for example, emotional or behavioural difficulties, issues with toileting, sleeping or food.

Primary Care Social Worker

Will support you by offering emotional, practical, and social support.



Dental

The Primary Care Dental Service provides dental treatment to eligible children, medical card holders, adults and children with special needs and others in the care of the HSE at various locations throughout Cavan and Monaghan. Children under 16 years of age are treated in HSE dental clinics and adults are treated by private dental practitioners contracted to the Health Services under the Dental Treatment Services Scheme (DTSS).

Services for Cavan and Monaghan are based in Drumalee Primary Care Centre, Cavan 049 43 53100

Dietetics

The Community Nutrition and Dietetic Service (CNDS) can help service users to better understand how food can affect their health. Dietitians are the only qualified and CORU regulated health professionals who assess, diagnose, and treat dietary and nutritional problems.

Podiatry

Podiatrists specialise in the assessment, management and treatment of all disorders adversely affecting the foot and lower limb, whether congenital or acquired.

WHAT ARE CHILDREN'S DISABILITY NETWORK TEAMS (CDNT)?

If your child's needs are complex and they have a significant impact on your child's life, they will be seen by the Children's Disability Network Team (CDNT).

If your child's referral to CDNT is accepted, they may be seen by some or all health professionals from the interdisciplinary Children's Disability Network Team (CDNT) (e.g., a Psychologist and a Speech and Language Therapist).

The Interdisciplinary Team is a team of professionals who work together to meet your child's needs with a joint care and support plan. CDNT is a family centred service. This means that the team will work with you to set and achieve goals for your child and your family. They will create a support plan called the Individual Family Service Plan (IFSP) and will support you to use everyday activities to achieve the identified goals.

If you do not know your child's needs, you are advised to apply for the Assessment of Need (see page 12).



WHO CAN MAKE A REFERRAL TO PRIMARY CARE SERVICES (PCS) AND/OR CHILDREN'S DISABILITY NETWORK TEAMS (CDNT)?

- Your General Practitioner (GP)
- Public Health Nurse (PHN)
- Any health or education professional e.g. A Teacher, Speech and Language Therapist (SLT), Occupational Therapist (OT), Physiotherapist, Psychologist
- Parents/guardians
- Assessment Liaison Officer following the Assessment of Need process

All referrals need a signed consent by parents/guardians.

A referral to Primary Care Services (PCS) will ask the referrer to specify what services the child needs (e.g., psychology, speech and language, occupational therapy).

Please note :

Only CDNT or primary care service should be referred to at any one time.

**Find your
Local
Health
Office**



**Find your local
Children's
Disability
Network Team
(CDNT)**



CDNT Cavan: 049 432 6990
CDNT Kells: 046 928 2829
(Cover parts of Cavan including Kingscourt and Shercock)
CDNT Monaghan: 047 957 50



WHO CAN MAKE A REFERRAL TO A PEDIATRICIAN?

- Your General Practitioner (GP)
- A health professional (e.g., Occupational Therapist)
- Some private pediatric clinics accept self-referral

A **Pediatrician** is a medical doctor who is trained to treat a broad range of childhood illnesses and diseases, for example, breathing or growth problems.

Your child may be referred to a pediatrician for more specialised assessments. They might explore any underlying reasons for your child's presenting needs such as genetic testing.

WHAT HAPPENS AFTER THE REFERRAL TO A HEALTH PROFESSIONAL?

You will receive a letter inviting you to attend an appointment with an allocated health professional. Each health professional your child will see may:

- Spend time with your child and observe your child in play
- Administer certain tests and tasks (e.g., ask your child to point to pictures, do puzzles, play games with them, etc.)
- Ask you and/or other important people in your child's life (e.g., a teacher) questions about your child's learning and development

Before your child is seen by a public health professional in Ireland, you may be invited to attend a group programme for parents (e.g., a parenting course, a course on supporting language development, etc.)

It is a good idea to prepare for an appointment by writing down why you are concerned and any observations you have.

WHAT IS AN ASSESSMENT OF NEED (AON)?

What is an Assessment of Need (AON)?

If your child has a disability or you think they may have a disability you can apply for an Assessment of Need.

An Assessment of Need as outlined in the Disability Act 2005 will identify your child's health needs and what services are required to meet your child's needs.

Under the Disability Act 2005 all children with disabilities in Ireland have a right to:

- **An independent assessment of their health needs**
- **An assessment report**
- **A statement of the services they will receive**
- **Make a complaint if they are not happy with any part of the process.**

Applying for an Assessment of Need

Parents can apply themselves directly for an Assessment of Need; you do not need to be referred by a medical practitioner. To apply for an assessment, you can fill in the Assessment of Need application form and send it to your local Assessment Officer at:
Assessment Officer,
St. Davnet's Complex,
Rooskey, Monaghan,
Co. Monaghan.

Contact: 047 39002/047 30400 Ext 602.
Email aon.cho1@hse.ie
(Cavan & Monaghan)

Assessment of Need form can be found here :



It is recommended that you apply for Assessment of Need at the same time as you refer your child to Primary Care/ Children's Disability Network Team. The Assessment of Need is a separate service to Primary Care/ Children's Disability Network Team. Do not wait for the Assessment of Need process to be completed before you refer your child for support.

After you send in your application form you will receive a letter confirming receipt within two weeks.

Your Assessment Officer may contact you for more information about your child that will help to show the nature and level of difficulty experienced by your child.

If the Assessment Officer is satisfied that your child needs an assessment, they must arrange this referral within 3 months of receiving your completed application. Once this referral is made there will be a further 3 months to assess your child and complete the Assessment Report. In some cases, there may be a delay for clinical reasons or due to exceptional circumstances. The Assessment Officer should contact you to discuss any delay in the process.

The Assessment of Need process will usually engage a team of health professionals, typically a Clinical Psychologist, Speech and Language Therapist and/or Occupational Therapist, but some children will be assessed by one health professional. The Assessment Officer will decide whether your child needs a team assessment or an individual assessment.

ASSESSMENT REPORT AND SERVICE STATEMENT

The Assessment of Need will provide you with a statement of your child's need (Assessment Report) and recommendations for what services are needed to meet these needs (Service Statement).

The Assessment Officer will provide the Assessment Report. If the assessment report states your child has a disability, it will be sent to your Liaison Officer.

The Liaison Officer will prepare a Service Statement for you. You will receive the Service Statement within 1 month of the completed assessment. The Service Statement will list health services and supports that will be provided to your child. You will receive your child's Assessment Report and Service Statement at the same time.

If the assessment report states your child does not have a disability, then the Assessment Report is sent directly to you and you do not receive a Service Statement

The Assessment Report should indicate :

1. If the person has a disability
2. The nature and extent of the disability
3. The health and educational needs arising from the disability
4. The services considered appropriate to meet those needs and the timescale ideally required for the delivery
5. When a review of the assessment should be undertaken.

Complaints Procedure

Special complaints and appeals procedures are available if you are unhappy with your child's Assessment of Needs or service statement. If your complaint is about the assessment process, please contact the Assessment Officer. If the complaint is about the Service Statement, please contact the Liaison Officer. They should be your first point of contact to seek a resolution. If you are still not happy and wish to escalate your complaint you can contact the Disability Complaints Officer. You can ask the Assessment Officer or Liaison Officer for a form to complete. The Disability Appeals Officer is independent and is appointed by the Minister for Health. The Appeals Officer is not part of the HSE. For more information about making an appeal, contact the Disability Appeals Office on 1800 211 583

Legal Advice

Unfortunately, an Assessment of Needs or Service Statement may not be completed correctly or within the correct timelines as dictated under the Disability Act 2005. Healy Law are acting for many parents in bringing complaints to ensure that each child obtains what they are entitled to under The Disability Act 2005.

They are also acting for a number of parents whose child or children are not being provided with the appropriate school placements.

For a free consultation contact
Niamh Maher on:
Healy Law LLP
363 North Circular Road, Phibsborough,
Dublin 7
niamh@healylawllp.ie Tel: 01 6468700



RESPITE SUPPORT:

Respite is taking a break from caring while the person you care for is looked after by someone else.

Useful websites:

www.jackandjill.ie
www.lauralynn.ie
www.familycarers.ie

Respite Supports in Cavan and Monaghan

Annalee View Respite Centre

Cootehill, Cavan

It provides respite care services for up to five adults or five children on a 24 hour basis. Respite breaks are offered to residents for a period of two to seven days, and children and adults are accommodated on alternate weeks. The centre can accommodate residents with complex needs, and support is provided by a team of nurses and healthcare assistants.

Rainbow Lodge Children's Respite Centre

Urbalkirk, Monaghan

Rainbow Lodge provides respite service that will operate seven days/nights per week on 360 days of the year. The number of breaks offered to children and their families will vary depending on the assessed needs of each individual child.

Children and young people may be referred to respite services by any of the following routes/professionals with parental consent: :

- Childrens Disability Network Team (CDNT)
- Health and social care professionals, Hospitals
- Assessment Officers



PRIVATE ROUTE: PRIVATE SPECIALIST HEALTH SERVICES

Accessing private assessments/ support for your child can be costly.

Health insurance companies offer individual policies for children from as little as €35 per month; these policies allow you to claim up to 75% of the cost of private therapies back.

You can also claim 20% tax back on health expenses via your annual Med 1 form.

Private assessment cost may range from €450 to €2,000+.

There may be waiting lists too, but they are generally shorter than public services.

You can ask for a screening instead of a full assessment, this will be cheaper and may give you some recommendations, however, a screening will not provide a diagnosis.

To find a private clinic in your area (google search, ask other parents, join Facebook groups and ask there). If you have private health insurance the provider may have a pediatric clinic. A clinic may be able to offer a full multidisciplinary assessment.

To find a private health professional check that the professional is registered with a professional body in Ireland, for example:

CORU
www.coru.ie



Independent Speech Therapists of Ireland
www.isti.ie



Psychological Society of Ireland
www.psychologicalsociety.ie



Irish Association of Speech and Language Therapists
www.iaslt.ie



Association of Occupational Therapists in Ireland
www.aoti.ie



Be aware that many health professionals will need other health professionals to confirm or rule out certain diagnoses, so you are likely to be asked to see more than one professional.

Thus, for complex needs, it may be more beneficial to find a multidisciplinary clinic, though a single professional may give you some helpful recommendations in their area of expertise.

Further Guidance and Support :

www.asiam.ie
www.dyspraxia.ie
www.dyslexia.ie
www.adhdireland.ie



ADDITIONAL EDUCATION SUPPORTS

FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

Preschool Supports

All children in Ireland are eligible for the Early Childhood Care and Education (ECCE) scheme and National Childcare Scheme (NCS). These schemes provide free (ECCE) and/or subsidised (NCS) childcare places for children.

See a list of participating services:
www.childcare.ie



Access and Inclusion Model (AIM) in Early Childhood Care and Education

Your child's preschool service provider can apply for targeted supports under this model, for example, additional assistance in the preschool room, specialised equipment or minor alterations, and/or therapeutic supports.

See: www.aim.gov.ie



Any equipment that children receive through AIM will transfer to school with them. Children with additional needs can apply for one extra year in preschool if they are not ready for school. They can also apply for an over age exception to continue their preschool education. AIM's supports will also be provided during this additional year.

Some children may also access autistic-specific Early Years education outside of the ECCE scheme, if recommended on the child's report.

There are two main types:

1: Early Intervention Classes

These are usually located within or attached to a national school.

2: Private autism-specific preschools

These are usually funded through the Home Tuition Grant.

Places in these preschools will only be funded for those children who cannot access a suitable place in an Early Intervention class.



PRIMARY AND POST-PRIMARY SCHOOL SUPPORTS



Special Schools / Classes and School Transitions

Contact your local Special Educational Needs Organiser (SENO) to enquire about a place in a special school and/or special class (this includes Autism class located in a mainstream school).

To find your local SENO :



For a list of special classes and their contact details :



If you have difficulty finding a school place for your child, contact the Educational Welfare Officer (EWO) :



Access to Special Needs Assistant (SNA)

SNA stands for Special Needs Assistants. They play an important role in assisting the teacher to support students with special educational needs who have significant care needs. Your child's school allocates access to SNA. Discuss with your child's Principal.

Access to Special Education Teaching

This is allocated by your child's school. Discuss with your child's school.

National Educational Psychological Service (NEPS)

Access to this service is allocated by your child's school. Discuss with your child's school.

Assistive Technology

Your school can apply for assistive technology equipment for your child to use at school (e.g., laptops, iPads, audiology equipment). Applications for assistive technology must be based on a professional recommendation for same. Discuss with your child's school.

Summer Provision

This is funding for parents/guardians to engage a teacher/ SNA to provide tuition or care support as appropriate in the child's home during the summer. All students in special schools and special classes in primary and post-primary schools are eligible. Some students in mainstream schools with special educational needs are also eligible.

Parents must source the teacher/SNA

Apply through your child's school by completing a Grant Claim Form



School Transport

If your child has a disability and attends a special class or special school the SENO can apply for special transport arrangements for your child, including bus escorts and safety harnesses. Discuss with your child's school.

Reasonable Accommodation at Certificate Examinations (RACE) scheme

Under this scheme post-primary students with disabilities may receive special arrangements while sitting state examinations (e.g., assistive technology, access to a scribe, exemption from aural part of the exam, etc.). Discuss with your child's School Principal and/or SEN Coordinator in School.

VISITING TEACHER SUPPORTS FOR PRESCHOOL, PRIMARY AND POST-PRIMARY SCHOOL

Visiting Teachers for Deaf/Hearing Impaired, Blind/Vision Impaired

Support teachers in supporting the learning of children with sensory impairments are available across all educational levels, from preschool to and including post-primary.

Visiting teachers are qualified teachers with particular skills and knowledge of the development and education of children with varying degrees of hearing loss and/or visual impairment. They offer support to children, from 0-18years.

Each visiting teacher (VT) is responsible for a particular region and is allocated a caseload of students

Each referral should be made on the standard referral form and must be accompanied by an up-to-date audiology or ophthalmology report, as appropriate.

HOME TUITION

The Home Tuition Grant is available to Autistic children aged between 2 ½ years and 5 years of age who cannot find an appropriate early intervention placement within the State Education system.

The Department of Education will sanction Home Tuition for children who are unable to source a suitable place so that the child can get early intervention from a sanctioned organisation such as a specialist autism preschool who have a direct payment agreement with the Department of Education or from suitably qualified Teacher/ Tutor who can work with the child in their own home.

Children with a diagnosis of autism can access 10 hours of home tuition per week from age 2.5, and from age 3 a place in Early Intervention Class or 20 hours of home tuition until school entry.

Diagnosed Autistic children who attend a local ECCE preschool can also avail of 5 hours home tuition a week. 15 preschool hours + 5 hours Home Tuition = the 20 hours that Autistic preschool children are entitled to.

Contact your local SENO for further information



Visiting Teachers



Disability Access Route to Education (DARE)

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

DARE is for school leavers with a disability under the age of 23. School leavers with physical and sensory disabilities (hearing and/or vision impairment) are prioritised under the DARE scheme.

An applicant who is who is eligible for DARE will be given priority when allocating reduced points places

Applications are made through CAO :



The Higher Education Access Route (HEAR)

Is a third level alternative admissions scheme which offers places on reduced points and extra college support to school leavers who are resident in the Republic of Ireland and are under-represented at Higher Education due to their socio-economic circumstances.

HEAR is for school leavers under the age of 23. An applicant who is who is eligible for HEAR will be given priority when allocating reduced points places.

Applications are made through CAO :



An applicant who is eligible for both DARE and HEAR will be given priority when allocating reduced points places. DARE and HEAR applications are made through CAO.



National Learning Network (NLN)

Provides education, training, and development opportunities for people with disabilities or people requiring additional supports.

They provide free training and specialised support to individuals who, for various reasons, may need assistance entering the job market. NLN is especially attuned to the needs of those who find traditional post-school study routes challenging, including individuals who may struggle in larger class settings or require additional support.

Contact:

049 4331544 (Cavan)
047 83671 (Monaghan)
for more information.

AHEAD (Association for Higher Education Access and Disability)

Are an independent, not-for-profit organisation that works to promote information about, and access to, disability services for students involved in higher education.

www.ahead.ie

Disability/ Access Officer:

All universities and colleges have someone who is responsible for support of students with disabilities. They are usually called a disability or access officer.

The disability or access officer will be your go-to person within the college to discuss any concerns you have regarding your disability and education.

Every college is different, so it's a good idea to have a conversation with them and find out exactly what supports are available so that you can make the most of your time there. The Students' Union may also advise if there are any clubs or societies for students with disabilities.

Your college can make a claim on your behalf to the Fund for Students with Disabilities to fund services and supports for you. Students with disabilities are eligible for third-level student grants on the same basis as other students.

If you have been getting a social welfare payment, you may qualify for a Back to Education Allowance.

Contact: Cavan Institute 049 4377900 or email access@cavaninstitute.ie for more information.

Contact: Monaghan Institute 047-84900 or email info@monaghaninstitute.ie for more information.



Transition to Adult Services

Adult day services are HSE funded programmes to provide day service supports to people aged 18 and over, with intellectual disabilities, autism, or people with complex physical disabilities.

The programmes assist people to make choices and plans and to be an active, independent member of the community. In order to access a HSE day service funded placement, a referral should be made to your local Day Service Opportunity Officer.

Day Service referrals can be made to the local HSE disability day service office.

**Cavan, Monaghan – Day Service
Coordination Team,
Floor 2 Rossan College,
Ramelton Road,
Ballyraine,
Letterkenny,
Co Donegal
F92 K7WY.
Telephone 086 0660996,
E-mail
disabilitydayservices.chol@hse.ie**

Pathways to Employment

If you have a disability, there are supports to help you find and keep a job.

The Employability employment programme aims at reducing and removing barriers disabled people may face at work.

Employability Cavan & Monaghan:

Employability aims to source employment for people aged between 18 and 66 with a disability, mental health difficulties, injury or illness and support them into full or part-time sustainable employment, provide information and support to employers, in the open labour market, to facilitate this outcome and to promote social inclusion within the community.

Contact: 087 797 7093

WorkAbility

Pathways to Employment for young people in Cavan from the age of 16. This service aims to support people to break barriers, unleash their potential and create a future filled with opportunity.

Contact: 087 4320566



FINANCIAL SUPPORTS

Community Welfare Officers (INTREO) are responsible for the day-to-day running of the Supplementary Welfare Allowance Scheme including Additional Needs Payments and Disability Allowance

To make an appointment with a community welfare officer visit your local Intreo Centre

Useful Websites

www.citizensinformation.ie,
www.welfare.ie,
www.revenue.ie,
www.mabs.ie

For more information please see :



Carers Support Manager:

Provide support to family carers through and beyond their care journey by phone, online or in-person appointments to provide individualised information, supports and guidance.

To find contact details for your local Carer Supports Manager and your local centre, see www.familycarers.ie.

Contact:

0498511030 (Cavan)

042 9611599 (Monaghan)

Email:

cavancarersupports@familycarers.ie

monaghancarersupports@familycarers.ie

Domiciliary Care Allowance (DCA)

A monthly payment for parents of children who require substantial care, over and above the care that would usually be required by children of the same age. You can apply for it without your child having a diagnosis (e.g., while waiting for a diagnosis). DCA is not means-tested (this means that e.g., you can receive both Carer's Allowance and DCA payments).

This allowance will be paid until the child turns 16 years old. The young person can apply for the Disability Allowance when they turn 16 years old.

For more information on the application process visit DCA Information on Gov.ie



If your child is in receipt of DCA then s/he is automatically entitled to a non means tested medical card.

Apply Here :



Join DCA Warriors Facebook Group Facebook @DCAWarriors

Carer's Allowance

A weekly payment to people on low incomes who care for a person who needs support because of age, disability, or illness. Carer's Allowance is means-tested.

Parents/Carers can work up to 18.5 hours per week and still be eligible for this allowance.

To apply, fill in an application form for Carer's Allowance (CRI)



Disability Allowance

Disability Allowance is a weekly allowance paid to people with a disability.

You can get Disability Allowance from 16 years of age. You can get Disability Allowance even if you are in school.

To apply, fill in an application form for Disability Allowance (DAI)



Long Term Illness Scheme

If you have a medical condition covered by the Long-Term Illness Scheme, you can get free drugs, medicines and medical and surgical appliances for the treatment of that condition.

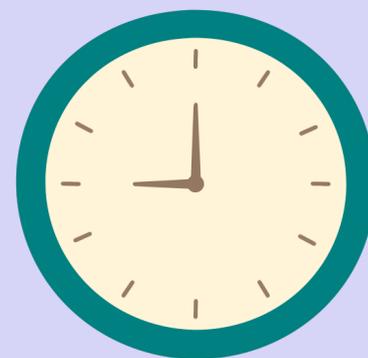
See www.financialwellbeing.ie for advice on financial planning for the future of a child with disabilities (including establishing a trust).

Medical Card:

A Medical card is issued by the HSE and allows the cardholder certain health benefits for free.

To be awarded the Medical Card, a parent needs to pass a means-tested assessment.

However, if your child receives Domiciliary Care Allowance or Disability Allowance, your child may be awarded a Medical Card irrespective of the parents' income. This is sometimes called a discretionary Medical Card and carries all the same benefits as a means-tested Medical Card.



CARER'S BENEFIT

A weekly payment to people who leave work to care for a person who needs full time care. You must have paid sufficient PRSI contributions from your employment to receive this benefit. You can get Carer's Benefit for a total of 104 weeks for each person being cared for. Carer's Benefit is not means-tested.

To apply fill in an application form for Carer's Benefit



Carer's Support Grant

Paid once a year in June. Awarded automatically if you receive DCA, Carer's Allowance or Carer's Benefit.

Carers GP Visit Card

If you get carers benefit or Carers Allowance, at full or half rate, you can visit your GP for free.

Phone 0818 22 44 78 to order an application in the post or online at www.hse.ie

INCOME TAX CREDITS AND RELIEFS

Incapacitated Child Tax Credit

The Incapacitated Child Tax Credit is available to the parent or guardian of a child:

- who is permanently incapacitated, either physically or mentally and
- where there is a reasonable expectation that the child will be unable to maintain themselves when over 18.

To apply, fill in an application form for Incapacitated Child Tax Credit



Dependent Relative Tax Credit

You may claim this credit if you maintain a relative at your own expense. This means meeting the cost of everyday living.

Home Carer Tax Credit

Tax credit for married couples or civil partners where one spouse or civil partner works in the home caring for a dependent person.

Vat Reliefs Available For Persons With Disabilities

You can claim VAT refunds on aids and appliances including ICT equipment purchased to manage disability (e.g., an iPad).

You can claim a range of tax reliefs in connection with a purchase or use of motor vehicles under the Disabled Drivers and Passengers with Disabilities Tax Relief Scheme.

For more information visit :



OTHER

If you are in receipt of Carer's Allowance and/or other disability related payments you are also entitled to other financial supports including Household Benefits Package, Free Travel Pass and/or Medical Card that gives you access to medical services, prescription medicines and hospital care for free.

Housing Adaptation Grant

Financial assistance to make changes or adaptations to your home (e.g., making it wheelchair accessible, adding a ground-floor bathroom).

See Housing Adaptation Grant



Fully Funded Energy Upgrades

If you are in receipt of one of the following welfare payments: DCA, Carers Allowance (and live with the person you are caring for), or Disability Allowance (for over six months and have a child under seven years of age), and own and live in your own home which was built prior to 2006 – you will meet the three criteria to apply for the Fully Funded Energy Upgrade Scheme.

For further information see here :



CHILDREN'S RIGHTS AND MAKING A COMPLAINT

For information on the rights of the child visit :

www.oco.ie/it'syourright
www.childrensrights.ie

Ombudsman for Children

If you think your child has been treated unfairly by a public body or an organisation funded by the government, you can make a complaint to the Ombudsman for Children. This service is free and independent.

You can make a complaint here :

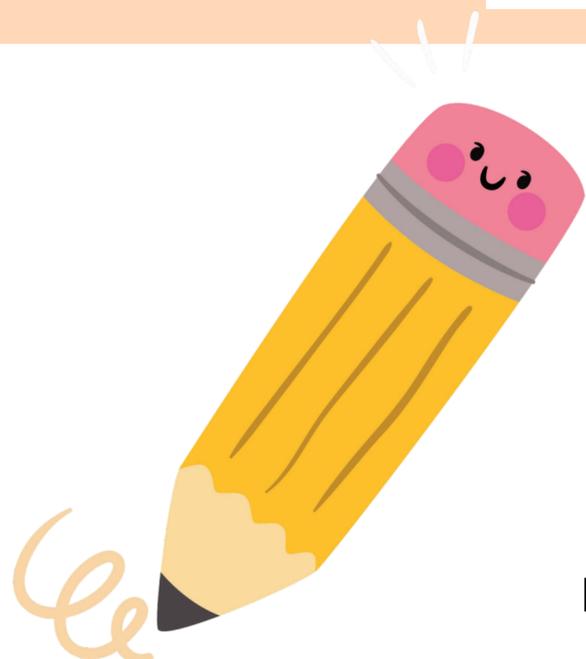


HSE

The HSE Your Service Your Say can facilitate your feedback or complaints about HSE services

Website : yoursay@hse.ie
Phone Number : 1800424555

Access Online Complaints and Feedback Form here :



SUPPORTS IN THE COMMUNITY

Family Resource Centres

Offer a range of programmes and supports for children and families in their local areas.

See www.familyresource.ie to find your nearest family resource centre and to find out what is available in your community and the wider area. Check out their Facebook pages for the most up to date information!

Family Resource Centres in Cavan and Monaghan :

CAVAN

MONAGHAN

| | |
|---|---|
| <p>Teach Oscail Family Resource Centre 31 Church Street Cavan, Co. Cavan, H12 W0V2 Tel: 049 43 72730 Email: info@teachoscailfrc.ie</p> | <p>Teach na Daoine Family Resource Centre 1 Oriel Way, Mullaghmatt/Cortolvin, Co. Monaghan, H18 D218 Tel: 047 71398 Email: info@teachnadaoine.com</p> |
| <p>Focus Family Resource Centre, Portaliffe Centre, Main Street, Killeshandra, Co. Cavan, H12 A3X2 Tel: 049 43 64065 Email: focusfrc@gmail.com</p> | <p>Clones Family Resource Centre Unit 5, Clones Business Technology Park, Jubilee Road, Clones, Co Monaghan, H23 AE75 Tel: 047 52919 Email: clonesfrc@hotmail.com</p> |

Tusla- PPFS (Prevention Partnership & Family Support)

The aim of PPFS is to prevent risks to children and young people arising or escalating through early intervention and family support. The best way to improve outcomes for children is to intervene at an early stage to try to resolve problems and prevent harm. This can be done by working with parents and communities to support children at the earliest possible stage. This is often done through Meitheal.

Meitheal is a process for all families and children under 18 who require multi-agency intervention. Meitheal is an old Irish term that describes how neighbours would come together to assist in the saving of crops or other tasks. In this context, different agencies can use Meitheal so that they can communicate and work together more effectively to bring together a range of expertise, knowledge and skills to meet the needs of the child and family within their community through Meitheal meetings.

Contact Tusla and ask to speak to a member of the PPFS team for more information
Contact: 0494369801 (Cavan & Monaghan)

PARENTING SUPPORT AND PROGRAMMES

Various parenting supports and programmes (e.g., Incredible Years Programme, Parents Plus Programmes) are offered by organisations in the community. Some of these may be specific and/or beneficial for families with children with additional needs (e.g., Parents Plus Special Needs Programme, Parents Plus for ADHD).

For more information about parenting support programmes please contact your local Family Resource Centre

BARNARDOS

Barnardos Ireland provides specialised online support for parents of children with additional needs through a variety of tailored parenting programmes and services. Barnardo's parenting programmes for families with children who have additional needs focus on promoting positive relationships, improving communication, and enhancing children's development. These services include support in areas such as managing challenging behaviours, fostering inclusion, and providing strategies to promote independence and well-being. Barnardos Ireland also offers training and resources to help parents better understand their child's specific needs. By offering a range of specialised parenting support and resources, Barnardos Ireland helps families build resilience and provide the best possible environment for their children to thrive, regardless of their additional needs.

**Visit : www.barnardos.ie
Contact : 014530355**



PARENTING CAVAN/PARENTING MONAGHAN

Parenting Cavan/Parenting Monaghan brings together parent support agencies from across the counties to co-ordinate parenting programmes and supports to all parents and families in Cavan & Monaghan. Parenting Cavan/Parenting Monaghan has online hubs for parents to easily access information on local supports.

The aim of Parenting Cavan/Parenting Monaghan is to improve outcomes for parents and families by sharing information, providing support, promoting parental participation and organising events to support parents. Parents and families can contact Parenting Cavan/Parenting Monaghan if they feel they need support or are unsure what services are out there for them and their children.

Parenting Monaghan

Website : www.parentingmonaghan.ie

Phone Number : 0877702114 or 042974950

Parenting Cavan

Website : www.parentingcavan.ie

Phone Number : 0877529948

CHANGING LIVES INITIATIVE: FLOURISH & THRIVE

Changing Lives Initiative: Flourish & Thrive is a community-based initiative providing early intervention supports to families with children with queried or diagnosed neurodevelopmental conditions including ADHD and Autism. The Project delivers a range of supports including workshops, short programmes and evidence-based parent programmes, tailored to support families who have children with neurodevelopmental conditions or concerns. The Project will be in operation across Counties Cavan, Monaghan and Louth from mid-2025. Families do not require a diagnosis to access Project services and families can self-refer for supports, by simply getting in touch with us. Programmes and services are free to all families. The new Project is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

Email: changinglives@archways.ie

Website: www.changinglivesinitiative.com

SUPPORT GROUPS FOR FAMILIES IN CAVAN AND MONAGHAN

C.A.P.S. – CAVAN AUTISM PARENT SUPPORT

Cavan Autism Parents Support provides a comprehensive range of services tailored to support individuals with autism and their families in county Cavan and surrounding areas.

The activities offered by CAPS are designed specifically to accommodate the needs and interests of autistic children and adults and their parents/guardians and extended families.

CAPS Social Morning events are run on the 1st Tuesday of every month from 10am-12pm in Teach Oscail Family Resource Centre, 31 Church Street, Cavan, Co. Cavan H12 H049

You don't need to be a member of CAPS to attend and no diagnosis is needed.

Email: admin@capssupport.ie or Phone/message: 086 3540899

UNIQUE

Clones Co. Monaghan

Unique Parents is a support group designed to provide assistance and resources to parents who face unique challenges in raising their children. This can include parents of children with disabilities, special needs, behavioral issues, or other specific circumstances that require tailored support.

The group typically offers emotional support, educational resources, advocacy, and a community for sharing experiences and strategies. They may also organize workshops, seminars, and other events to help parents navigate their unique parenting situations more effectively.

**Contact: 0871381233
Email: clonesunique@gmail.com**

SNAP- SPECIAL NEEDS ACTIVE PARENTS

This group was set up in 2007 by parents of children with a disability to try and get them involved in activities suitable for them. This group is suitable for people of all ages with additional needs.

These activities include horse riding, swimming, cinema outings, trips to GR8, gymnastics, santa visits at Christmas, trips to pantos, visits to pet farms such as Sam Moore's farm and Wildlife Centre in Clontibret.

They also organise Music Therapy and play clay activities from time to time.

They organise nights out for parents as it is important that the parents have a little relaxation time too. €20 for membership

The Down Syndrome Centre NE (DSCNE) Carrickmacross, Co Monaghan

The Down Syndrome Centre NE provides access to therapeutic services, social activities, training and information for children and young people with Down Syndrome, their families and the associated professional community in the North East of Ireland, which thereby enables and empowers them to reach their full potential.

Current services available include, but are not limited to, speech & language therapy, occupational therapy, music therapy, early intervention classes, social teens & tweens groups, school aged educational groups, reflexology, counselling, and family support service.

**Contact:
Phone : 042 942 3181
Email : info@dscnortheast.ie
Web: www.dscnortheast.ie
Facebook: [@downsyndromecentrenortheast/](https://www.facebook.com/downsyndromecentrenortheast/)**

SMART

South Monaghan Autism Resource Team

A group for autistic children and teenagers run by parents and volunteers

Find us on Facebook @South Monaghan Autism Resource Team

Sociable Souls

Iontas Castleblaney

A social skills group that aims to help children with Autism to develop the skills needed to form friendships and understand social situations.

This group runs in 6 week blocks on Monday evening's in Iontas from 4pm-5.30pm.

It is suited to primary school aged children.

It costs €85 per child for 6 weeks or €15 per week.

Contact : 086 3923468 (Julie)

Jumping Jelly Beans

Virginia Show Centre

An after-school sports and social club in Virginia Show Centre for children with additional needs.

Parents and siblings welcome. Tea & coffee available.

Charge of €40 per month applies as the club is dependent on fundraising

Contact: : 087 2872318 - Laura

Facebook : @Jumpingjellybeansvirginia

Youth + Club

Focus Family Resource Centre, Kilashandra

Social Club for families with additional needs. Meeting every 2nd Saturday at 1pm in The Loft at Focus Family Resource Centre.

Fun, games, social interaction and information sharing.

Contact : 0494364065

Teen Nuero Space Club

Kells Family Resource Centre

For Neurodiverse teens aged 13-17. Every Monday from 4.30pm-6pm.

Contact : 046 9247161

Other Youth Support Services (ISPCC, Foróige, YAP, etc) may offer supports to young people with additional needs.

Please contact your local Family Resource Centre for more details.



Supports for Autism

AsIAM

AsIAM is Ireland's National Autism Charity. AsIAM is working to create a society in which every autistic person is empowered to reach their own personal potential and fully participate in society. AsIAM offer Child and Family Support Programme. This supports Autistic children, teenagers and families. It provides a safe and secure space where they can connect and share their interests and experiences, and where they can have their needs acknowledged.

Phone 0818 234 234

Email: support@asiam.ie

Website: www.asiam.ie

**Family Support Programme:
family@asiam.ie**

Middletown Centre for Autism

Middletown Centre provides a range of free training opportunities for parents, carers and educational professionals in Ireland and Northern Ireland. They provide online training and webinars for parents on a range of topics and provide a large range of online resources

Phone: 0044 28 3751 5750

Email: admin@middletownautism.com

Website: www.middletownautism.com

Supports for ADHD

ADHD Ireland

Phone: 01 8748349

Email: info@adhdireland.ie

Website: www.adhdireland.ie

The Changing Lives Initiative

Early intervention approach to ADHD.

Phone : 087 3673716

Email: criordan@archways.ie

Website: www.changinglivesinitiative.com

Supports for Dyslexia

Dyslexia Association of Ireland

Website: www.dyslexia.ie

Phone: 01 8777 6001

Email: info@dyslexia.ie

Supports for Down Syndrome

Down Syndrome Ireland

cavandownsyndrome@gmail.com (Cavan)

dsimonaghan@gmail.com (Monaghan)

The Down Syndrome Centre North East

Contact: 042 942 3181

Email: info@dscnortheast.ie

Website: www.dscnortheast.ie/north-east/

Arch Clubs

Contact: 085 267 2643

Website: www.archclubs.com

Email: archclubs.adm@gmail.com

archclubmonaghan@gmail.com (Monaghan)

Sibling Support

Sibshop Ireland offers support for siblings of children with intellectual disabilities, medical and additional needs through both virtual and in-person Sibshop Workshops.

They also offer support to parents and teachers through Information Seminars.

**For more
information
visit :**



Family Carers Ireland

Provides supports and advocacy for family carers. Members can avail of its services including Carer Groups, Counselling, Freephone Careline, Training and Legal Advice, and Emergency Scheme.

**National Family Carers Ireland freephone
Careline: 1800 240724**



FACEBOOK AND INSTAGRAM SUPPORT GROUPS

DCA Warriors (Facebook Page)

Aims to improve the quality of life of families affected by disability by providing support and information to members.

The group also supports those needing assistance with applications for financial supports (Disability Allowance, Carers Allowance/Benefit) and/or with special educational issues.

Autism & Special Needs Parents Support Group (Facebook Page)

This is a support group for parents, caregivers and caretakers who have children with Autism and Special Needs. Members can share ideas, ask questions and get advice without being judged.

@fussireland (Instagram Page)

An advocacy group founded by the parents of neurodiverse and disabled children—a place to learn and access information.

MENTAL HEALTH SUPPORTS

Pieta House

Pieta provide a range of services nationally to people who are experiencing thoughts of suicide, those who engage in self-harm, and those bereaved by suicide. All of the services are provided free of charge, and no referral is needed. To make an appointment to avail of free 1:1 therapy phone :

Phone Number : 0818 111 126

Youthrive

YouThrive is an early intervention youth mental health service based in Cavan and Monaghan for young people aged 12-25 with mild and emerging mental health difficulties. This is a self-referral service :

Phone Number : 042 9674915
Email : youthrive@hse.ie

SOSAD

Offer free professional counselling to those in need. Counselling is available to those age 16 or older.

SOSAD help people with a wide range of life challenges. If you are feeling suicidal, depressed, anxious, overwhelmed, are struggling with self-harm or have been bereaved by suicide, SOSAD are here to help support you. To make an appointment :

Phone : 049 432 6339 (Cavan)
Phone : 047 723 75 (Monaghan)



ACTIVITIES FOR FAMILIES IN CAVAN AND MONAGHAN

Cavan and Monaghan Sports Partnerships

See website for up-to-date information on programmes ran throughout the year:

www.cavansportpartnership.ie
www.monaghansportpartnership.ie

FAI Football For All

is a an FAI programme that aims to deliver football opportunities to people who may not ordinarily get a chance to play the game

Special Olympics

Provide year-round sports training and athletic competition in a variety of olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

GAA

GAA For All aims to provide Gaelic game activities to people with disabilities in their local community club and promote the ethos of a community club for all.

Cavan GAA All Star Programme is a GAA activity programme aimed at boys and girls aged 5-14 with a disability.

The programme is free of charge and runs for 10 one-hour weekly sessions at different times of the year.

Contact your local club for more information.

The Sensory Room at Kingspan Breffni has specifically been designed for children with sensory processing issues, offering them an ideal facility from where to watch matches in a quiet, comfortable space.

Advance booking is necessary.



East Eagles Basketball Club

Virginia Show Centre A82 A9X2

Virginia, have an Inclusion Team for boys and girls aged 7 to 18 with additional needs from September to March. They also run seasonal camps throughout the year

Email: eastcavaneagles1@gmail.com

Virginia Rugby Club:

Deerpark, Co. Cavan

The Virginia All Blacks promote inclusion for all through Tag Rugby for children aged 6+ who have additional needs or a learning disability. They meet every second Sunday at Ramor Astro Turf, Virginia

Email: rvcvirginia@gmail.com

Ramor Watersports Club:

Dublin Rd, Virginia, Co. Cavan, A82 YH30

All inclusive accessible powerboat
The lady Amanda Coolum 20, wheelchair accessible boat is available for all to hire. For a relatively small donation, you and your loved ones, colleagues, friends can spend 90 minutes exploring the fantastic Lough Ramor, complete with a fully loaded tour guide taking you through the histories and uniqueness of the lough and the surrounding areas.

Email: ramorwatersportsclub@gmail.com



Tanagh Outdoor Education & Training Centre

Dartrey Cootehill Co. Monaghan
H16 HC83

Offer Inclusive cycling courses for Children and Adults with additional needs.

Contact: 0495552988

Derryham stables

Bailieborough Co. Cavan
A82 DX83

Has a purpose-built sand surfaced therapeutic sensory trail with a water feature the horses can walk and splash through and man-made hills to improve balance as the horses walk up, over and down the hills.

Therapeutic horse riding is a therapy which is used for children and adults with a variety of physical, cognitive, emotional, and developmental disabilities.

Therapeutic Riding has been acknowledged to improve physical, emotional, social, cognitive, behavioural, and educational skills along with being a healthy and fun activity.

Contact: 0863193769

Mullaghmore Equestrian:

Tydavnet Co. Monaghan
H18 NY32

Offer therapeutic horse-riding for both children and adults with any type of disability.

Our centre is disability friendly. Therapeutic coaching is the use of equine based learning techniques together with knowledge of disability to design and develop learning and therapeutic interventions for people with special needs.

Contact: 04789645

Cavan and Monaghan Libraries:

Cavan and Monaghan Libraries strive to make libraries more accessible and to improve services to the autism community and to those with additional needs.

They have introduced a range of services with online literacy software programmes, sensory storytimes, classes and workshops.

A collection of sensory toys, software and assistive technology can also be accessed free of charge by library members throughout both counties.



Cavan and Monaghan Cinema's

Offer autism friendly screenings.

We keep the house lights on throughout the film, lower the audio volume, remove the advertisements and trailers before the film, open the cinema doors early so guests have time to get used to the surroundings.

Monaghan Swimming Pool

Coral Leisure Monaghan hold a sensory swim hour on Sundays from 9.15-10am. Companion goes free.

This needs to be prebooked.

Contact 047 81734

Many places offer free, or reduced fee, entries for carers with a Family Carer Membership card (e.g., cinemas, Emerald Park).

Visit : www.familycarers.ie

Cavan General Hospital

The paediatric department in Cavan General Hospital have a Cubbie sensory pod. The Cubbie uses Personalised Sensory Regulation to effectively regulate people with autism and sensory needs.

It can be used by all children attending the Paediatric Services in Cavan General Hospital

Monaghan Autism Friendly

Monaghan Autism Friendly are a committee trying to make Monaghan more accessible and recognised by AsIAM as an autism friendly county. If you want to get involved or have any suggestions for us please get in touch.

Monaghanautismfriendly@gmail.com

[Monaghan Autism Friendly \(Facebook\)](#)

[Monaghan_Autism_Friendly \(Instagram\)](#)



ABBREVIATIONS

- ADHD- Attention Deficit Hyperactivity Disorder
- ASD- Autism Spectrum Disorder
- AHEAD- Association for Higher Education and Disability
- AIM- Access and Inclusion Model
- AON- Assessment of Needs
- CAMHS- Child and Adolescent Mental Health Service
- CAO- Central Applications Office
- CAPS- Cavan Autism Parents Support
- CDNT- Children's Disability Network Teams
- CHN- Community Healthcare Network
- CNDS- Community Nutrition and Dietetic Service
- CYPSC- Children and Young Person's Committees
- DARE- Disability Access Route to Education
- DCA- Domiciliary Care Allowance
- DTSS- Dental Treatment Services Scheme
- ECCE- Early Childhood Care and Education
- EWO- Education Welfare Officer
- GP- General Practitioner
- HEAR- Higher education Access Route
- ICT- Information and Communications Technologies
- IFSP- Individual Family Service Plan
- ISPCC- Irish Society for the Prevention of Cruelty to Children.
- NCS- National Childcare Scheme
- NEPS- National Educational Psychological Service
- NLN- National Learning Network
- OT- Occupational Therapist
- PCS- Primary Care Service
- PHN- Public Health Nurse
- QR- Quick Response
- RACE- Reasonable Accommodation Certificate Examination
- SEN- Special Educational Needs
- SENO- Special Educational Needs Organiser
- SLT- Speech and Language Therapist
- SNA- Special Needs Assistance
- SNAP- Special Needs Active Parents
- SMART- South Monaghan Autism Resource Team
- VT- Visiting Teacher
- YAP- Youth Advocate Programme

THIS BOOKLET WAS MADE IN CONJUNCTION WITH



An Gníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



PARENTING SUPPORT CHAMPIONS PROJECT

Empathise | Energise | Empower



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Cavan

&



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Monaghan



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



Child and Family Support Network

