

Leaving School?

Information on some
Post-School Options for
Rehabilitative Training
and Adult Day Services



Post-School options

Post-school options for school leavers and other adults with disabilities include attending rehabilitative training courses or tailored adult day support programmes. The majority of these programmes are delivered by the Health Service Executive (HSE) or specialist Disability Service Providers funded by the HSE in about 1,000 locations nationwide.

What is Rehabilitative Training?

These are training courses to help develop life skills, social skills and basic work skills. Each year, around 400 school leavers enrol in these training courses. Trainees attend these courses for two to four years and are supported to develop and review training plans in line with their needs and abilities.

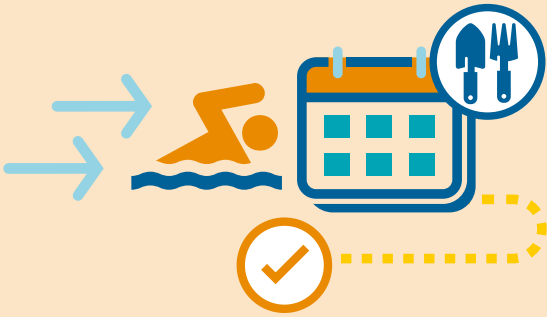
More about Rehabilitative Training

Rehabilitative training is intended to help participants progress to greater levels of independence and integration in their community. It may help in transitioning to mainstream post-school education and training or to specialist vocational training.

What are Adult Day Support Services?

These services are for people who have significant support needs arising from disabilities and require extra help to access community and services in line with their wishes and needs. Every year, about 700 school leavers start attending adult day services.

Traditionally, all activities and supports were provided in a service location. This is changing. Depending on the person's strengths and abilities, or the location of the service, individual service users may still receive some or the majority of their supports in one centre. However, the intention is changing to supporting people access mainstream services in the community where possible.



Some of the individual supports provided

Support for:

- ▶ making choices and plans
- ▶ making transitions and progression
- ▶ inclusion in the local community
- ▶ accessing education and formal learning
- ▶ maximising independence
- ▶ personal and social development
- ▶ health and wellbeing
- ▶ accessing bridging programmes to vocational training
- ▶ accessing vocational training and work opportunities
- ▶ personal expression and creativity
- ▶ having meaningful social roles
- ▶ influencing service policy and practice.

Each centre provides its own programme and the type of support may differ from centre to centre. You should contact your local HSE Disability Office or service provider to get specific information on the programmes they run and to see if you are eligible to attend.

How do I know if I am eligible to attend?

School leavers and other adults who use these services have significant support needs arising from one or more of the following:

- ▶ Intellectual disability
- ▶ Complex physical disability
- ▶ Sensory (Deaf/Hard of Hearing or Blind/Visual Impairment)
- ▶ Autistic spectrum disorder
- ▶ Mental health difficulties.

Most of the school leavers who avail of these services have attended special schools. Some may have been in a special class in a mainstream school or in a mainstream class with supports.

How can I apply for a place?

The HSE has an Occupational Guidance Service in place to help school leavers and others who have significant support needs to find a training or adult day support service that is suited to their needs.

Schools or parents can contact the Occupational Guidance Service through their local HSE Disability Office. An adviser from the occupational guidance service will meet with the school leaver and her/his family and/or advocate and help clarify post-school options. The occupational guidance officer will establish the person's support needs, assist in the identification of an appropriate service provider and guide the allocation of funding for their service.

More about Occupational Guidance

Occupational guidance advisers establish the support needs of the individuals; explore the training and development options most suited to their needs; and support them in accessing the appropriate service.

When should I contact the HSE?

Planning for life after school should start at least two years before a student leaves school. The student and/or his or her parents can contact the HSE Disability Service directly, but generally this is done by the school at least 13 months before a student leaves school. The school requires permission of the school leaver (or his/her parent or guardian) to provide personal information to the HSE. Planning early helps the HSE to provide the right number of rehabilitation training and/or adult day support service places. The placement process is finalised by the local HSE Disability Service when students are in their final school year.

Where can I get more information?

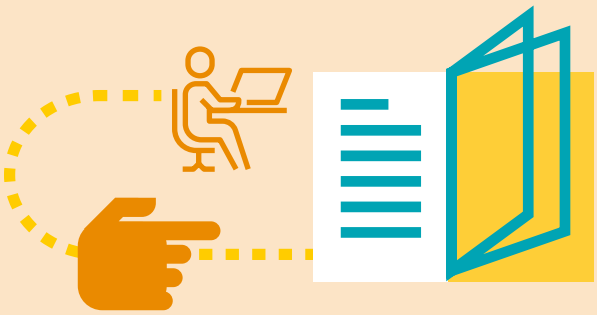
Schools together with the HSE occupational guidance service can provide more information and guidance for students and their families about suitable post-school options and supports. Some contact details are at the end of this leaflet.

Transition from school to post-school options is a big life change for students and their families and can be stressful. Schools can help students and their families to successfully transition. **Transition planning** in schools helps clarify the strengths, ambitions and support needs of each individual and how these can be met.

Students and their families and their teachers can contact local **Disability Service Providers** to clarify the support service available and entry criteria. Details of available programmes are published by some Disability Service Providers on their websites.

Information and advice is available from a range of **representative bodies** e.g. Inclusion Ireland and the National Federation of Voluntary Bodies.

The **Citizens Information Board** maintains and publishes information on services and supports for people with disabilities including rehabilitative training, adult day support services and other post-school options.



Getting to and from services

Participants use public transport, rural transport schemes or are facilitated by family or friends to attend services. Specialised transport arrangements may be arranged by local Disability Service Providers where there are no other possible options. There may be a charge to meet the cost of such arrangements. Further information may be obtained from the local HSE Disability Office or Disability Service Provider.

Do participants receive an allowance?

Participants who satisfy the relevant social welfare criteria may be eligible for a weekly Disability Allowance. Those who attend rehabilitative training may also receive a training allowance. Further information may be obtained from the local HSE Disability Office or Disability Service Provider or from the local INTREO office.

Can People with Disabilities avail of Mainstream Education and Training Programmes?

Yes. Many people with disabilities participate in mainstream education and training options suited to their needs directly after school or after completing rehabilitative training. This is depending on their individual needs and aspirations, and on meeting entry criteria for the course in question.

Young people with significant support needs who participate in Rehabilitative Training or Adult Day Support Services will have the opportunity as part of their person-centred plan to develop the social and work related skills that may assist in their progression to mainstream services. Further information about these mainstream options is provided in our other information leaflets, available on www.ncse.ie.

National Council for Special Education (NCSE) Publications

- ▶ Post-School Education and Training: Information on Options for Adults and School Leavers with Disabilities (NCSE/NDA 2014)
- ▶ Information Pamphlet on Higher Education (NCSE 2018)
- ▶ Information Pamphlet on Further Education and Training (NCSE 2018)
- ▶ Planning for Life after School: Guidelines for Students with Special Educational Needs and their Parents/ Guardians (NCSE 2016)
- ▶ Supporting Students with Special Educational Needs to make Successful Transitions: Guidelines for Schools (NCSE 2016)

HSE Publications

The following publications detail the new model of Adult Day Support Services which is being progressively implemented, and are available on www.hse.ie.

- ▶ New Directions – Review of HSE Day Services and Implementation Plan 2012-2016: Personal Support Services For Adults With Disabilities (HSE 2012)
- ▶ Interim Standards for New Directions: Services and Supports for Adults with Disabilities (HSE 2015)



Useful contacts and information sources¹

Agency/Service Name	Full Web address
Citizens Information Board	www.citizensinformation.ie
Inclusion Ireland National Association for People with an Intellectual Disability	www.inclusionireland.ie
INTREO Department of Employment Affairs and Social Protection local service, which offers guidance on pathways to work and training	www.welfare.ie/en/Pages/Intreo_home.aspx
HSE Disability Services	www.hse.ie/eng/services/list/4/disability/
National Council for Special Education	www.ncse.ie
National Federation of Voluntary Bodies Umbrella body of voluntary sector organisations providing services for people with intellectual disability	www.fedvol.ie
Not for Profit Business Organisation Umbrella body of service providers for people with physical, sensory or neurological disabilities	www.notforprofit.ie

¹ This is a list of some helpful sources of additional information. The NCSE may have had no involvement with these organisations and cannot vouch for them or their staff. Due caution should always be exercised in providing information to third parties, particularly where children or vulnerable adults are concerned.