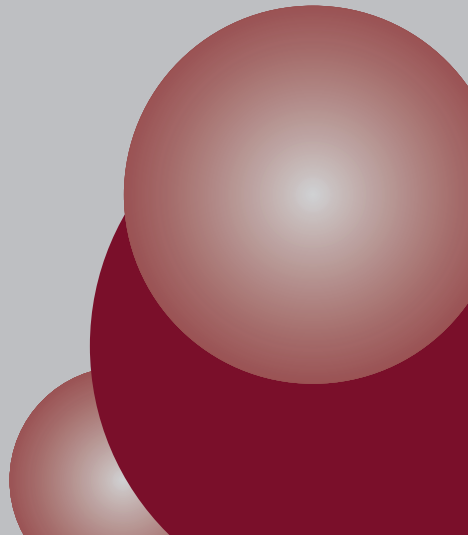




Galway Rural Development

Guide to Supports for People with Disabilities



A Guide to Supports for People with Disabilities

Galway Rural Development (*GRD*) has produced this booklet as part of the SICAP Programme¹ 2018-2022 to provide information, guidance and advice on services and supports for children, young people and adults with disabilities in Co. Galway.

The booklet has two sections. The first section is about supports for children and young people with disabilities and the second part is about supports for adults with disabilities. There is also a list of current social welfare and social assistance rates and a list of useful organisations. This is a guide only and you should look for more information from the organisations listed. GRD cannot be held responsible for any mistakes in the booklet.

¹ GRD manages the Social Inclusion Community Activation Programme (*SICAP*) for Galway county. This programme helps people to make their lives better, through access to education and training, help to access social activities and support to find work.



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

Children with Disabilities

Pre-school Education

The Early Childhood Care and Education Scheme (ECCE): This gives children two years of free pre-school before they begin primary school. This is open to all children between 2 years and 8 months and five years and 6 months old.

The Access and Inclusion Model (*AIM*) supports children with disabilities to access the ECCE Scheme in mainstream pre-school settings and to take part in all pre-school activities. Parents can access information to support their child and children can access supports such as therapy and equipment to help them attend pre-school.

For more information on supports for pre-school children contact:

Galway City and County Childcare Committee

9b Liosban Retail Centre, Tuam Road, Galway, H91Y6D2.

Tel: 091 752 039 **Email:** mail@galwaychildcare.com

Website: <https://www.galwaychildcare.com/>

Primary and Secondary Education

The National Council for Special Education (*NCSE*) makes sure that children and young people with special education needs can access education. The NCSE has a team of Special Educational Needs Organisers who work with parents and schools to make sure that children and young people get the supports they need to be able to go to school.



Special Educational Needs Organisers (*SENO*) Galway

Celia Donohue

NCSE, 1st Floor, Custom House, Druid Lane, Co. Galway.

Tel: 01 6033275

Email: celia.donohue@ncse.ie **Website:** www.ncse.ie

Patricia Creaven

NCSE, 1st Floor, Custom House, Druid Lane, Co. Galway.

Tel: 01 6033262

Email: patricia.creaven@ncse.ie **Website:** www.ncse.ie

Children and young people with special educational needs have the right to free education up to 18 years old. Where possible children and young people with special educational needs are supported to attend mainstream schools. That is unless it would not be in their best interests to do so or where it would badly disrupt other students in the class. Most children and young people with special needs attend:

- special schools;
- special classes in ordinary schools;
- mainstream classes with supports.

Under Irish law children and young people with a disability, such as a hearing impairment, speech and language disorder or autistic spectrum disorder, have a right to an assessment of need for their health and education supports. Based on this assessment, an Individual Education Plan (*IEP*) is put in place to support the child. The IEP includes details such as the child's learning goals and what help and support they need to be able to go to school. Some possible supports are:



- A Special Needs Assistant (SNA) who cares for and supports the child or young person in school;
- Assistive Technology such as computers or classroom hearing supports;
- A home tuition grant for children and young people who cannot go to school;
- The July Education Programme which extends the school year;
- Transport to school in specially adapted vehicles.

The Visiting Teacher Service

The Visiting Teacher Service in Ireland supports children and young people up until 18 with a hearing or visual impairment. They give advice and help to children and young people, their parents and teachers to make sure the child or young person is supported in school and to learn life skills to help manage the disability.

Visiting Teacher for Blind or Visually Impaired Children

Mary Costello

Tel: 085 8701331 **Email:** mary.costello@ncse.ie

Website: <https://ncse.ie/visiting-teachers>

Visiting Teacher for Deaf or Hard of Hearing Children

Martina Farren (*Galway*)

Tel: 087 9782543 / 01 6033442

Email: martina.farren@ncse.ie

Website: <https://ncse.ie/visiting-teachers>

Amanda Weldon (*Galway and Roscommon*)

Tel: 087 9589501 / 01 6033442

Email: amanda.weldon@ncse.ie

Website: <https://ncse.ie/visiting-teachers>



After Secondary Education

There are different vocational education and training supports available for people when they finish secondary school or who want to get a job. These include:

- **The Wage Subsidy Scheme:** In this scheme employers get financial support to help pay staff who have a disability. The person must work for more than 21 hours a week. They must have the same rights as other staff, for example to holidays and be paid at least the minimum wage. Some people on this scheme might be able to keep benefits such as the Free Travel Pass, the medical card and the Fuel Allowance. For more information contact your local Intreo office or local social welfare branch or see <https://www.gov.ie/en/service/37c057-wage-subsidy-scheme/>.
- **St. Joseph's Training Services:** This is run by AbilityWest and is based in a number of areas of Co. Galway. This service helps people with intellectual disabilities to learn life skills and to meet their goals.
Tel: 091 540900 **Email:** clientservices@abilitywest.ie.
- **Learning for Life:** This is run by the National Council for the Blind. This rehabilitation programme helps people who are blind or visually impaired to learn daily living and mobility skills, for example, before they go on to other training or education.

NCBI Whitworth Road, Drumcondra, Dublin 9.

Tel: 01 8307033 **Email:** info@ncbi.ie

Website: www.ncbi.ie



- **Ability Programme:** This service supports young people with a disability between 16-29 who live in Connemara. It helps young people to reach their goals in areas such as training, education and employment. For more information contact:

Karen Mannion

Tel: (087) 9635272 **Email:** k.mannion@forumconnemara.ie

Website: <https://www.forumconnemara.ie/ability>

- The Irish Wheelchair Association have a job coach service for young people between 16-29 who are looking to find a job.

Sarah Chalke, Job Coach: Ability Programme Western Region,
Irish Wheelchair Association,

The Glebe, Dublin Road, Doogra, Tuam, Co. Galway.

Tel: 087 3310255 **Email:** sarah.chalke@iwa.ie

- Third-level students with a disability can access specific supports and services to help them in their education:

- Association for Higher Education Access and Disability

(AHEAD): This supports people with disabilities to take part in third-level education. AHEAD gives advice to students, parents and teachers about disability issues in education.

East Hall, UCD, Carysfort Avenue, Blackrock, Co. Dublin.

Tel: 01 7164396 **Email:** ahead@ahead.ie **Website:** www.ahead.ie

- Next Step Programme: The Irish Guide Dogs supports people who are blind or visually impaired to attend third-level education. Their training programme teaches people many skills such as: how to cook, live in shared spaces and access the services they need in their college or university.

For more information **Tel:** 1850 506 300

Email: support@guidedogs.ie

Website: <https://guidedogs.ie/get-support/next-step-programmes/>



- **Disability Support Services:** Most third-level institutions have a Disability Support Service that can give support and information to students with disabilities. You can find information about this on each institution's own website.

- **Fund for Students with Disabilities (FSD):** students with disabilities can access supports to attend third-level education. These include assistive technology to help with note taking, personal assistants and academic and learning supports. These supports are organised by the institution with the agreement of the student. You can get more information about this from the Disability Support Service in your third-level college or university.

- **DARE Admissions Scheme:** As part of their CAO application, students with a disability can use the DARE admissions scheme (*Disability Access Route to Education*) to apply for third-level education. Where a student's results are negatively impacted by their disability, they can apply for courses on a reduced-points basis. You can get more information on this and a list of contacts for each college or university at <http://accesscollege.ie/dare/>

- **SUSI grant:** People with disabilities can apply for the mainstream third-level SUSI student grant.

For more information:

Tel: 0761 087874

Email: support@susi.ie

Website: <https://susi.ie/>



Tusla, the Child and Family Agency Child and Family Social Work Department

This helps to keep children and young people safe. It works with families and communities and offers Family Support and child protection services and care outside the home for children and young people.

Tel: Galway City 091 546366

Tel: Tuam 093 37200 **Tel:** Loughrea 091 872700

Tel: Ballinasloe 090 9646200 **Tel:** Oughterard 091 552200

Tusla Family Support Service

This service offers advice and support to families when they have problems.

Tel: 091 548 496

Family Resource Centres

Family Resource Centres give information, advice and supports to families and groups in the community. They run training courses and give counselling services and supports, one-to-one and in groups.

ARD Family Resource Centre, 1st Floor Merlin Commercial Centre, Doughiska, Co. Galway. **Tel:** 091 768852 **Email:**martina@ardfrc.com

Clann Family Resource Centre, Cregg Lodge, Station Road, Oughterard, Co. Galway. **Tel:** 091 5576334 **Email:** clanninfo@gmail.com

Gort Family Resource Centre, Church Street, Gort, Co. Galway.

Tel: 091 630902 **Email:** administrator@gortfrc.com

Headford Solas Family Resource Centre (*including Ballygar Outreach*), Main Street, Headford, Co. Galway.

Tel: 093 36446 **Email:** solasfrc@eircom.net

Loughrea Family Resource,

Centre Bride Street, Co. Galway. **Tel:** 091 871149

Email: info@loughreafamilyresourcecentre.ie



Health Services

In Ireland the Health Service Executive (*HSE*) gives health supports and services to children and young people, parents and families. HSE Health Centres provide a number of services for the community such as medical care, public health nurses, free immunisation for babies and children and disability services. To find a list of HSE Health Centres in Co. Galway contact: 1850 24 1850 or see <https://www.hse.ie/eng/services/list/2/healthcentres/>

You can get health advice if you phone: 1850 24 1850 or see <https://www.hse.ie/eng/>

Here are some of the health services that you can access for your children:

- General Practitioners (*GP*) give free developmental checks in the weeks after a baby is born;
- Public health nurses also support families after a baby is born. They check a child's development and provide support and advice to new parents on the health of their child;
- Supports for children with disabilities. These services are organised in different ways around Ireland. So you should check with your Local Health Centre to see what services are available where you live.



The HSE are implementing a national programme called 'Progressing Disability Services for Children & Young People' (*often shortened to PDS*) to change the way services are provided across the country to make it equitable and consistent for all.

The aim is to develop a fairer way to provide services for children with disabilities:-

- Services should be based on a child's needs rather than on their diagnosis.
- Children and families should have services available wherever they live.
- Each County has a Local Implementation Group (*LIG*).

The contacts for Galway are:

- Mary Derrig mary.derrig@hse.ie
- Orla Irwin Oral.Irwin@hse.ie
- Mary O'Donnell mary.odonnell5@hse.ie

GP Visit Cards for Children under the age of 6

Children up to 6 years old, who have lived in Ireland for more than one year can visit their GP for free. This includes GP visits, at home visits and out of hours, urgent care. This service also includes assessments at 2 and 5 years old, where a child's height and weight and overall development are checked. They can also get free asthma care under this scheme. The cost of medicine or hospital treatment is not included with this card.

If your child already has a medical card, they do not need to be registered for this scheme. But if your situation changes and you no longer have a medical card then you must register your child for this scheme.

How to apply

If you have any questions about how to apply you can phone

Lo-call 1890 252 919



To register, you will need:

- Your Personal Public Service (PPS) Number. If you do not have a PPS Number and your baby is under 2 months old, you can register by leaving the PPS Number empty and the HSE will write to you separately to get it;
- The PPS Number of each child. After you register your child's birth you are sent a PPS Number for them. If you do not have a PPS Number for your child, contact Client Identity Services in the Department of Social Protection Lo-call 1890 927 999 or email cis@welfare.ie;
- Your GP's name and contact details.

Online registration

You will need to check if your GP takes online registration forms. If they do, you can apply online at gpvisitcard.ie.

Postal applications

If a GP does not take online registrations, or if you prefer to use a paper form, you can download the GP Visit Card Under 6s Registration Form at <https://www2.hse.ie/services/gp-visit-cards/under-6s-gp-visit-card.html>, and ask your GP to sign it for you. You can also get a form by post if you call 1890 252 919.

Send the form to this address:

GP Visit Card – Under 6s

PO Box 12629

Dublin 11



Care Allowances for Children and Young People with Disabilities

Domiciliary Care Allowance (DCA)

DCA is a monthly payment given to the carer of a child with a severe disability who lives at home. This payment is not means tested². All children who get the DCA can get a medical card. Parents can also claim Child Benefit for the child. The DCA stops when a child is 16. When the child is 16 years old they can apply for a Disability Allowance. Carers who continue to give full-time care to their child will keep their carer's payment.

Each child is assessed for the DCA based on how severe their disability is and how much extra support and help they need. For more information on how to apply for the DCA

Social Welfare Services Office, College Road, Sligo.

Tel: 071 9157100/1890 500000 **Email:** domcare@welfare.ie

Website: <https://www.gov.ie/en/service/30fac9-domiciliary-care-allowance/>

To apply, fill in a Domiciliary Care Allowance form (pdf). You can also get an application form by texting "FORM DCA" followed by your name and address to 51909 (*standard text rates apply*) or call into your Intreo Centre or Social Welfare Branch Office or local Citizens Information Service.

² A means test is a way of checking whether you qualify for a social welfare payment or benefit. For more information on this see: https://www.citizensinformation.ie/en/social_welfare/irish_social_welfare_system/means_test_for_social_welfare_payments/means_test.html#:~:text=A%20means%20test%20is%20a,all%20your%20source%20of%20income or contact your local Citizens Information Centre for advice.



Payments for Carers

If you care for someone with a disability you may be able to get a carer's payment.

The main payments for people who give full-time care are:

- **Carer's Benefit:** This payment is based on PRSI contributions. If you get Carer's Benefit you can get a medical card. For more information contact:

Social Welfare Services Office

Government Buildings, Ballinalee Road, Longford, N39 E4E0.

Tel: 043 3340000 or 1890 927770

Email: carersbenefit@welfare.ie

Website: <https://www.gov.ie/en/service/455c16-carers-benefit/>

- **Carer's Allowance:** This is given to people with low incomes who are caring for someone full-time. This allowance is means tested. You may be able to get a half-rate Carer's Allowance if you get another social welfare payment and care for someone with a disability. For more information contact:

Social Welfare Services Office

Government Buildings, Ballinalee Road, Longford, N39 E4E0.

Tel: 043 334 0000 or 1890 927 770

Email: carersallowance@welfare.ie

Website: <https://www.gov.ie/en/service/2432ba-carers-allowance/>

- **Carer's Support Grant:** This grant is given once a year to people who get DCA, Carer's Benefit or Carer's Allowance payments. This can be used for whatever the carer wants but is often used to pay for respite care. For more information contact:



Department of Employment Affairs and Social Protection
Government Buildings, Ballinalee Road,
Longford, N39 E4E0.

Tel: 043 334 0000 or 1890 927 770

Email: respitecare@welfare.ie

Website: [https://www.gov.ie/en/service/
16220307-carers-support-grant/](https://www.gov.ie/en/service/16220307-carers-support-grant/)

Other possible supports are:

- **Unpaid Carer's Leave:** Carers can get unpaid carer's leave from work for up to two years to give full-time care. For more information contact your local

Citizens Information Centre or see

[https://www.citizensinformation.ie/en/employment/
employment_rights_and_conditions/
leave_and_holidays/carers_leave_from_employment.html](https://www.citizensinformation.ie/en/employment/employment_rights_and_conditions/leave_and_holidays/carers_leave_from_employment.html)

- **Parental Leave:** All parents who are working can also take up to 22 weeks of parental leave from work for each of their children before they are 12 years old. If your child has a disability, you can take parental leave until the child is 16 years old. For more information contact your local

Citizens Information Office or see

[https://www.citizensinformation.ie/en/employment/
employment_rights_and_conditions/
leave_and_holidays/carers_leave
_from_employment.html](https://www.citizensinformation.ie/en/employment/employment_rights_and_conditions/leave_and_holidays/carers_leave_from_employment.html)



- **Incapacitated Child Tax Credit:** People who are caring for a dependent child might be able to get an Incapacitated Child Tax Credit of €3,000. For more information contact

Revenue Regional Office

Geata na Cathrach, Fairgreen Road, Galway.

Tel: 01 738 3636

Website: <https://www.revenue.ie/en/personal-tax-credits-reliefs-and-exemptions/children/incapacitated-child-credit/index.aspx>

- **Homemaker's Scheme:** If you give up work to care full-time for a child under 12 or a disabled child or adult, you may be able to have these years disregarded or not taken into account when your yearly average is calculated for your State Pension (*Contributory*). For more information contact

Department of Employment Affairs and Social Protection

Buncrana, Co. Donegal, F93 CH79.

Tel: 01 471 5898 or 1890 690 690

Email: HomeMakersScheme@welfare.ie

Website: <https://www.gov.ie/en/service/e216c5-homemakers-scheme/>



Supports for Adults with Disabilities

Disability Payments

For some disability payments you must have paid a certain amount of PRSI payments to qualify for them. Other payments are means tested so you qualify based on your income. There are other benefits which you may be able to get, for example, the Household Benefits Package, Fuel Allowance, the Free Travel Pass or a Living Alone Increase. For more information on these please contact your local Citizens Information Centre.

Here are some disability payments:

- **Illness Benefit:** This is a short-term payment for people who cannot work because they are ill. To get this you have to have made a certain amount of PRSI payments. For more information contact:

Department of Employment Affairs and Social Protection
PO Box 1650, Dublin 1.

Tel: 01 704 3300 or 1890 928400

Email: illnessbenefit@welfare.ie

Website: <https://www.gov.ie/en/service/ddf6e3-illness-benefit/>

- **Invalidity Pension:** This is a payment for people who have not been able to work for one year because of illness or disability and who are not expected to be able to work for at least one more year. To get this you have to have made a certain amount of PRSI payments.



For more information contact:

Social Welfare Services

Government Buildings, Ballinalee Road, Longford, N39 E4E0.

Tel: 043 334 0000 or 1890 927 770

Email: Invgenenq@welfare.ie

Website: <https://www.gov.ie/en/service/d148b9-invalidity-pension/>

- **Partial Capacity Benefit:** If you get Illness Benefit or an Invalidity Pension and you want to go back to work you can apply for the Partial Capacity Benefit. This is paid where you are not able to work as much as you did before you became ill or disabled. For more information contact:

Floor 2, Áras Mhic Dhiarmada, Store Street, Dublin.

Tel: 01 704 3300

Email: PCB@welfare.ie

Website: <https://www.gov.ie/en/service/c79268-partial-capacity-benefit/>

- **Disability Allowance:** This is a long-term payment for people over 16 years old, who are not able to work because of their disability. This is means-tested. You can also earn a certain amount of money every week from a paid job while you get this payment. For more information contact:

Department of Employment Affairs and Social Protection

Social Welfare Services Office, Government Buildings,
Ballinalee Road, Longford.

Tel: 043 334 0000 or 1890 92 7770

Email: DA_InetInfo@welfare.ie

Website: <https://www.gov.ie/en/service/df6811-disability-allowance/>



- **Blind Pension:** This is a payment for people who are blind or visually impaired. This is means-tested. If you get this, you might also qualify for the Blind Welfare Allowance from the HSE. You can also earn a certain amount of money every week from a paid job while you get this payment. For more information contact:

Social Welfare Services Office
College Road, Sligo, F91 T384.

Tel: 1890 500 000 **Email:** Blind_Pension@welfare.ie

Website: <https://www.gov.ie/en/service/619221-blind-pension/>

- **The Occupational Injuries Benefit Scheme:** This is for people who have been injured in work, or travelling to and from work or who got a disease because of where they work. Under this scheme you can get Injury Benefit, which is a short-term payment, and Disablement Benefit, which can be paid as a long-term pension or as a once-off payment. For more information contact:

Department of Employment Affairs and Social Protection
PO Box 1650, Dublin.

Tel: 01 704 3300 **Email:** illnessbenefit@welfare.ie

Website: <https://www.gov.ie/en/service/fcdb1e-injury-benefit/>

- **The Supplementary Welfare Allowance Scheme:** This is for people who have little or no income who do not qualify for other payments. You can get help to pay for your rent, or for big or sudden expenses. You should apply for this at your Local Health Centre or see <https://www.gov.ie/en/service/36e514-supplementary-welfare-allowance/>



There are many supports to help people with medical expenses. Some of these include:

Medical Cards

A medical card gives you access to free services such as GP visits, community health services, hospital care and prescription medicine costs (*but you must pay a small fee for the prescription*). You can also get free eye and ear tests and dental checks.

You may be able to get a medical card if:

- You have a very low income,
- You have a severe illness or disability,
- You are between 16-25 years old, and your parents have a medical card or you live by yourself and have a low income,
- You are over 70 years old.

You can get more information and apply online for a medical card at <https://www2.hse.ie/medical-cards/>. You can also get more information and application forms at your Local Health Centre, Intreo Office or social welfare branch office or Citizen's Information Centre or call 1850252919.

GP Visit Card

If your application to get a medical card is not successful, you may be able to get a GP Visit Card instead. A GP Visit Card allows people to visit their GP for free. But the cost of prescriptions is not covered with the GP Visit Card. This does not cover payments for hospital care.

Everyone who is over 70 years old, can get a GP Visit Card without a means test. If you are over 70 and you have a dependant such as a husband or wife, they might be able to get a GP Visit Card too. This is means tested but you can have a higher income than if you apply for a Medical Card. If you get a full or half rate Carer's Benefit or Carer's Allowance you can get a GP Visit Card. For more information call 1850 24 1850, contact your local Citizens Information Centre or see <https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html>.



The Long Term Illness Scheme

This gives some people with disabilities or illnesses access to free medicine and equipment. These include: diabetes, epilepsy, intellectual disability, Muscular dystrophy and Multiple sclerosis. For a full list of disabilities in this scheme and for more information contact your Local Health Centre or see <https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html>.

Drugs Payment Scheme

You should apply for this if you pay more than €124 every month for medicine for you or family and you cannot get a medical card. Anyone can apply for this scheme. Under this scheme you only have to pay €124 for your medicine costs, renting oxygen or a CPAP machine every month. For more information contact your Local Health Centre or see <https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html#Who-can-apply>.

Community Care Services

Community care services support people with a disability to live within the community. These care services include public health nurses, social workers, occupational therapists, home help services, chiropody services, speech and language therapy services, respite care and day care. For more information on what is in your local area, contact your Local Health Office, Citizens Information Centre or GP.



Employment

There are many supports to help people with a disability to get employment:

- **EmployAbility Service:** This service supports people with disabilities, mental health issues or who have had a serious illness or disease. They help people who have a job or are looking for a job and also helps employers. EmployAbility gives support such as job searching and job matching, on-the-job support and coaching, and help with integrating into the workplace.

For more information contact:

EmployAbility Galway

Unit 9A, Galway Technology Centre,
Mervue Business Park, Galway, H91 F773.

Tel: 091 755235 or 086 3800 444

Email: info@employabilitygalway.ie

Website: <https://www.employabilitygalway.ie/>

Please note that the grants below are for the private sector. If you work for the public sector, then the employer must give the support you need, such as paying for equipment or interpreters.

- **Job Interview Interpreter Grant:** If you are deaf or hard of hearing or have a speech impairment this grant pays for an interpreter for job interviews. It can also pay for an interpreter to help you when you start a new job.

For more information contact your local Citizens Information Centre or see

<https://www.gov.ie/en/publication/ad8633-operational-guidelines-job-interview-interpreter-grant-jiig/>



- **Workplace Equipment and Adaptation Grant:** If you have a job or you start a new one, this grant can pay for changes to be made to your workplace or to help buy equipment to support you to work. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/service/38fdd0-workplace-equipment-adaptation-grant/>
- **Personal Reader Grant:** If you are blind or visually impaired, you can apply for this grant to help you with reading while at work. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/service/231dfe-personal-reader-grant/>
- **Employee Retention Grant:** This helps employers to keep employees in work if they become ill or disabled. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/publication/a13e33-operational-guidelines-employee-retention-grant-scheme/>
- **Disability Awareness Support Scheme:** This gives funding to employers for staff training to raise awareness of disability issues in the workplace. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/service/3970b5-disability-awareness-support-scheme/>



Some employment schemes you might be able to access are:

- **The Community Employment (CE) Scheme:** This helps people who are disadvantaged or long-term unemployed to return to work by offering part-time jobs in their local communities. You may also be able to join a CE scheme if you are getting certain disability payments such as the Disability Allowance or Blind Pension. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/service/412714-community-employment-programme/>
- **The Rural Social Scheme (RSS):** This employment scheme is for low-income farmers and fishermen/women and qualifying family members who get certain such social welfare payments such as Farm/Fish Assist and Disability Allowance. People on the RSS scheme work, part-time, on projects that help their local community. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/service/059da9-rural-social-scheme/>
- **Back to Work Enterprise Allowance:** This helps people who are on certain social welfare payments, such as Disability Allowance or Jobseeker's Benefit, to start their own business. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/service/f215a4-back-to-work-enterprise-allowance/>
- **Short-Term Enterprise Allowance:** This helps people who have lost their job and who qualify for Jobseeker's Benefit to start their own business. For more information contact your local Citizens Information Centre or see <https://www.gov.ie/en/service/538ba3-short-term-enterprise-allowance-stea/>



Housing

If you have a disability or are an older person with mobility challenges, you may be able to get financial help to adapt your home to suit your needs. For more information, please contact:

Housing, County Hall, Prospect Hill, Galway, H91H6KX.

Tel: 091 509300 **Email:** housing@galwaycoco.ie

Website: <http://www.galway.ie/en/services/housing/>

Mobility Aids Grant Scheme:

This can pay for small changes that need to be made to your home because you or someone in your family has mobility issues. For example, this can pay for a stair lift, access ramps and grab rails. This is mainly for older people but can be used for people with a disability.

The Housing Adaptation Grant for People with a Disability:

This can help to pay for bigger changes you need to make to your home because you or someone in your family has a physical, sensory or intellectual disability or has mental health difficulty. Some of the changes this grant can pay for are: stair lifts, extensions to your house and downstairs toilets.

The Housing Aid for Older People Scheme:

This can help to pay for repairs to your home if you or someone in your family is over 66 years old. Some of the repairs and improvements that can be made are: putting in central heating, changing windows and doors, re-wiring and re-roofing.



Social Housing

This is housing or flats given to people who cannot afford to buy or rent their own homes. The waiting list for Social Housing can be very long so make sure you apply straight away. There is specific social housing available for people with disabilities. There may also be other services for tenants, such as social activities, meals and support staff. To be able to apply for social housing your income must be under a certain amount and you might also need to be able to show that you cannot get other suitable housing yourself.

Housing Assistance Payment (HAP)

If you qualify for social housing support but there is no suitable social housing in your area, you should apply for the Housing Assistance Payment (*HAP*). Under HAP you rent from a private landlord. Galway County or City Council will pay your rent (*up to a certain amount*). People who are on Rent Supplement or the Rental Accommodation Scheme (*RAS*) will move onto the HAP scheme over time. For more information on housing supports please contact:

Housing, County Hall, Prospect Hill, Galway, H91H6KX.

Tel: 091 509300 Email: housing@galwaycoco.ie

Website: <http://www.galway.ie/en/services/housing/>

or https://www.housing.gov.ie/sites/default/files/publications/files/housing_options_english_feb18_v2.pdf

Voluntary Housing

Voluntary housing organisations offer social housing to people in the same way as Galway City and County Council. For older people they have group schemes and sheltered housing. These schemes allow people to live independently but with access to support services.



Most of these organisations are community-based and were set up to meet specific housing needs such as for Travellers and older people.

For more information, please contact:
The Voluntary Housing Section of Galway County Council
Tel: 091 509029

Travel

Free Travel Pass

If you get an Invalidity Pension, Carer's Allowance, a Blind Pension or Disability Allowance you can get a Free Travel Pass. Everyone over 66 years old also gets a Free Travel Pass. This pass allows people to travel for free on public transport and on some private bus and ferry services also.

For more information contact:
The Free Travel Section
Social Welfare Services, College Road, Sligo, Ireland.
Tel: (071) 915 7100 or 1890 500 000
Email: freetravelqueries@welfare.ie
Website: <https://www.gov.ie/en/service/9bba61-free-travel-scheme/>



Driving and Disability

Disabled Drivers and Passengers Tax Relief

This is open to drivers and passengers with physical disabilities. If you get this tax relief you can get refunds on VAT and you do not have to pay VRT, motor tax or tolls. You can also get a refund on VAT on fuel costs.

Disabled Parking Permits

These allow people with disabilities or where a passenger has a disability to park in special disabled parking spaces. This can also allow people to park for free, for example, on streets and in car parks. This can be used in all EU countries.

For more information on these schemes contact:

Disabled Drivers Association of Ireland
Ballindine, Claremorris, Co. Mayo.

Tel: 094 936 4054 or 094 4266

Email: info@ddai.ie

or see

Website: <https://ddai.ie/>



Social Welfare Rates for 2021

Social Insurance Payments

Maximum Weekly Rate (from week beginning 4 January 2021)	Personal Rate €		Increase for a Qualified Adult €		Increase for a Qualified Child €			
	2020	2021	2020	2021	2020 Under 12	2020 Age 12 & over	2021 Under 12	2021 Age 12 & over
Social Insurance Payments								
State Pension (Contributory)								
• Personal Rate - Under Age 80	248.30	248.30			36.00	40.00	38.00	45.00
• Personal Rate - Age 80 & over	258.30	258.30			36.00	40.00	38.00	45.00
• Increase for Qualified Adult - Under 66			165.40	165.40				
• Increase for Qualified Adult - 66 and Over			222.50	222.50				
Widow's / Widower's / Surviving Civil Partner's (Contributory) Pension / Deserted Wife's Benefit								
• Under Age 66	208.50	208.50			36.00	40.00	38.00	45.00
• Aged 66 and Under Aged 80	248.30	248.30			36.00	40.00	38.00	45.00
• Aged 80 and Over	258.30	258.30			36.00	40.00	38.00	45.00
Invalidity Pension	208.50	208.50	148.90	148.90	36.00	40.00	38.00	45.00
Carer's Benefit / Constant Attendance Allowance	220.00	220.00			36.00	40.00	38.00	45.00
Disablement Benefit	234.00	234.00			36.00	40.00	38.00	45.00
Jobseeker's / Illness / Health & Safety / Injury Benefit	203.00	203.00	134.70	134.70	36.00	40.00	38.00	45.00
Maternity / Adoptive Benefit / Paternity	245.00	245.00						
Death Benefit (Occupational Injuries Scheme)								
• Under Age 66	233.50	233.50			36.00	40.00	38.00	45.00
• Aged 66 and Under Age 80	252.70	252.70			36.00	40.00	38.00	45.00
• Aged 80 and Over	262.70	262.70			36.00	40.00	38.00	45.00



Social Assistance Payments

Maximum Weekly Rate (from week beginning 4 January 2021)	Personal Rate €		Increase for a Qualified Adult €		Increase for a Qualified Child €			
	2020	2021	2020	2021	2020 Under 12	2020 Age 12 & over	2021 Under 12	2021 Age 12 & over
Social Assistance Payments								
State Pension (Non-Contributory)								
• Aged 66 and Under Age 80	237.00	237.00			36.00	40.00	38.00	45.00
• Aged 80 and Over	247.00	247.00			36.00	40.00	38.00	45.00
• Increase for Qualified Adult - Under 66			156.60	156.60				
Carer's Allowance								
• Under 66	219.00	219.00			36.00	40.00	38.00	45.00
• Aged 66 and Over	257.00	257.00			36.00	40.00	38.00	45.00
Disability Allowance / Blind Pension	203.00	203.00	134.70	134.70	36.00	40.00	38.00	45.00
Widow's / Widower's / Surviving Civil Partner's (Non-Contributory) Pension	203.00	203.00			36.00	40.00		
One-Parent Family Payment	203.00	203.00			36.00	40.00	38.00	45.00
Pre-Retirement / Deserted Wife's Allowance	203.00	203.00			36.00	40.00	38.00	45.00
Jobseeker's Allowance								
• Aged 25 or Over	203.00	203.00	134.70	134.70	36.00	40.00	38.00	45.00
• Aged 18-24 & Living Independently with a State Housing Support	203.00		134.70		36.00	40.00		
• Aged 18-24 & Not Living Independently	112.70		112.70					
Supplementary Welfare Allowance								
• Aged 25 or Over	201.00	201.00	134.70	134.70	36.00	40.00	38.00	45.00
• Under 25 Living Independently with State Support	201.00	201.00	112.70	134.70	36.00	40.00	38.00	45.00
• Under 25 Not Living Independently	112.70	112.70	112.70	112.70				
Farm Assist	203.00	203.00	134.70	134.70	36.00	37.00	38.00	45.00



Working Family Payment (was Family Income Supplement)

Working Family Payment Thresholds		
Family Size	2020 Income Limit	2021 Income Limit
1 child	€531.00	€541.00
2 children	€632.00	€642.00
3 children	€733.00	€743.00
4 children	€834.00	€834.00
5 children	€960.00	€960.00
6 children	€1,076.00	€1,076.00
7 children	€1,212.00	€1,212.00
8 children or more	€1,308.00	€1,308.00

Child Benefit

	2020 Rate	2021 Rate
Monthly Rate	€140.00 per child	€140.00 per child
<p>Twins - Child Benefit is paid at one and half times (150%) the normal monthly rate for each child.</p> <p>All other multiple births - Child Benefit is paid at double (200%) the normal monthly rate for each child.</p>		



Other Social Welfare Payments

	2020 weekly	2021 weekly
Guardian's Payment (<i>Contributory</i>)	€186.00	€186.00
Guardian's Payment (<i>Non-Contributory</i>)	€186.00	€186.00
Fuel Allowance	€24.50	€28.00
Living Alone Allowance	€14.00	€19.00
Island Allowance (<i>specified offshore islands</i>)	€12.70	€20.00
	2020 monthly	2021 monthly
Domiciliary Care Allowance	€309.50	€309.50
	2020 annually	2021 annually
Carer's Support Grant	€1,700.00	€1,850.00
	2020 annually	2021 annually
Back to School Clothing & Footwear Allowance		
Each qualified child aged 4-11	€150.00	€150.00
Each qualified child aged 12 & over	€275.00	€275.00
	2020 once off payment	2021 once off payment
Widowed or Surviving Civil Partner Grant	€6,000.00	€8,000.00



Enhanced Illness Benefit for COVID-19 Absences

Personal Rate	Increase for a Qualifiee Adult	Increase for a Qualified Child	
		Under 12	Aged Over 12
€350.00	€134.70	€38.00	€45.00

COVID-19 Pandemic Unemployment Payment (*PUP*)

Gross Weekly Earnings Before Claiming PUP	Current PUP Rate	PUP Rate From 1 February 2021
Under €200	€203.00	€203.00
€200 to €300	€250.00	€203.00
Over €300	€300.00	€250.00



Citizens Information Centre

This gives information and advice on public and social services such as employment rights, health, customer rights and welfare schemes. It can also help people to access these services.

Please contact the centres for information on opening hours and outreach clinics.

Clifden (Outreach Services in Letterfrack)

c/o Cashel/Connemara Credit Union,
Top Floor, Sea View, Clifden.

Tel: 0761 07 7580 **Email:** clifden@citinfo.ie

Galway (Outreach Services in Gort, Headford, Loughrea, Oughterard, Portumna and Doughiska)

Augustine House, St. Augustine Street, Galway.

Tel: 0761 07 7600 **Email:** galway@citinfo.ie

Rosmuc

Ionad Faisnéis do Shaoránaigh, Ionad Fiontair,
Rosmuc, Co. na Gaillimhe.

Tel: 0761 07 7730 **Email:** rosmuc@citinfo.ie

Tuam

Centre for Education and
Development Building (CED),

Brú Bhride, Church View, Tuam, Co. Galway.

Tel: 076 1 07 7740 **Email:** tuam@citinfo.ie



Intreo Centres & Social Welfare Branch Offices

Social Welfare Branch Office, Ballinasloe

(Covers Ballinasloe Area)

Unit 1-2, Riverview, Ballinasloe, Co. Galway.

Tel: 090 963 1800

Intreo Centre Clifden

(This covers Clifden, South and North Connemara)

Galway Road, Clifden, H71 P660.

Tel: 095 22210

Intreo Centre Galway

*(This covers Galway City and areas around it
such as Oughterard and the Aran Islands)*

Sean Duggan Centre, Fairgreen Road, Galway, H91 XT91.

Tel: 091 500800

Social Welfare Branch Office, Gort

*(This covers Gort and areas such as Derrybrien, Ardrahan, Kilcolgan, Kilchreest,
Kinvara, Craughwell, Flagmount, Tubber, Corofin, Carron, Crusheen, and the Burren)*

Loughrea Road, Gort, Co. Galway.

Tel: 091 630 210

Intreo Centre Loughrea

*(This covers Loughrea Town to Craughwell, Athenry, New Inn, Kilrickle, Cappataggle,
Mullagh, Gurty Madden, Killimor, Portumna and Woodford)*

Railway House, Station Road, Loughrea, Co. Galway.

Tel: 091 576870

Social Welfare Branch Office Tuam

Church View, Tuam, Co. Galway, H54 F882.

Tel: 093 70940

Email: tuam@welfare.ie



Disability Support Services & Organisations in Galway

1. Ability West

Address:

Blackrock House
Salthill
Galway, H91 R254

Contact Details:

Telephone: 091 540900
Email: enquiries@abilitywest.ie
Website: www.abilitywest.ie

Ability West supports over 520 children, young people and adults with intellectual disabilities in Galway county and city. It runs 4 special schools and gives respite care to children and young people. AbilityWest has many services for adults such as day centres, respite care and supports people to live independently in the community.

2. Accessibility Ballinasloe

Address:

Contact Details:

Telephone:
Email: accessibilitybsloe@gmail.com
Facebook: www.facebook.com/accessibilitybsloe

Accessibility Ballinasloe is a community group that aims to develop the Ballinasloe area into an accessible, inclusive place, which welcomes and supports everyone to live an independent and healthy life regardless of age and gender.

3. AHEAD

Address:

East Hall, UCD
Carysfort Avenue
Blackrock
Co Dublin

Contact Details:

Telephone: 01 716 4396
Email: ahead@ahead.ie
Website: www.ahead.ie

AHEAD is an independent non-profit organisation working to create inclusive environments in education and employment for people with disabilities. The main focus of our work is further education and training, higher education and graduate employment.

4. Acquired Brain Injury Ireland

Address:

2nd Floor, Block A
Century House
100 George's Street Upper
Dun Laoghaire
Co Dublin
A96 R2V3

Contact Details:

Telephone: 01 280 4164
Email: info@abiireland.ie
Website: www.abiireland.ie

This organisation helps people with Acquired Brain Injuries to rebuild their lives after brain injury through community rehabilitation and support services nationwide.

5. Arthritis Ireland

Address:

Clanwilliam Square
Grand Canal Quay
Dublin 2

Contact Details:

Telephone: 01 661 8188
Email: e.info@arthritisireland.ie
Website: www.arthritisireland.ie

Arthritis Ireland helps people with arthritis to access the support they need to lead a full and active life.

6. AsIAM

Address:

Rock House
Main Street
Blackrock
Co Dublin
A94 V9P1

Contact Details:

Telephone: 01 445 3203
(admin queries only)
Email: info@asiam.ie
Website: www.asiam.ie/

AsIAM builds awareness of autism in Ireland. It gives information to people on the autistic spectrum and their families on services in the community. It also gives a space to people on the autistic spectrum to have their voices heard on their life and the issues they have.

7. Aspergers Action Galway

Address:

Contact Details:

Telephone: 086 089 1688
Email: info@aspergersgalway.com

Aspergers Action Galway supports people with Aspergers and their families. They organise regular meetings and social activities in Galway.

8. Brothers of Charity

Address:

Woodlands
Renmore
Galway

Contact Details:

Telephone: 091 721400
Email: contact.west@bocsi.ie
Website: <https://www.brothersofcharity.ie/galway/>

This service supports children, young people and adults with physical, sensory and intellectual disabilities. They have many different services across Galway. Some of the supports they give are in the areas of: physiotherapy, psychiatry, psychology, community nursing and speech and language therapy. They also have special schools for children and young people with disabilities and offer residential and day care to adults.

9. Down Syndrome Ireland

Address:

Down Syndrome Galway
East Centre
Unit 7 Cois Chláir
Claregalway
Co Galway
H91A2F4

Contact Details:

Telephone: 087 1861914
Email: info@downsyndromegalway.ie
Website: www.downsyndromegalway.ie

Down Syndrome Ireland supports people with Down Syndrome and their families. Some services they have are: supports for new parents, speech and language therapy, a parent and toddler group and educational supports.

10. Enable Ireland-Galway

Address:

Seamus Quirke Road
Newcastle
Galway

Contact Details:

Telephone: 091 545800/526321
Email: info.galway@enableireland.ie
Website: www.enableireland.ie

Enable Ireland supports children, young people and adults with physical and sensory disabilities. Some of the supports they give children and young people are: a preschool service, help with Assistive Technology, family support services and social activities such as swimming and horse riding. Some of the services for adults are: personal assistants, transport, social work support services and help with Assistive Technology.

11. Family Carers Ireland

Address:

The Glebe
Tuam
Co Galway

Contact Details:

Telephone: 093 30060
Email: galwaysupport@familycarers.ie
Website: www.familycarers.ie

Family Carers Ireland gives help, support and advice to carers. They run carer support groups, organise activities for carers and have training programmes for people to learn how to care for themselves and others. They also give specific support to young carers under 18 years old.

12. Galway Autism Partnership

Address:

Tigh Ronan
36 Laurel Park
Newcastle
Galway

Contact Details:

Telephone: 091 588 899
Email: info@galwayautismpartnership.com
Website: www.galwayautismpartnership.com

Galway Autism Partnership (GAP) supports people on the autism spectrum and their families. Some of GAP's services are: camps and clubs, peer to peer support, family days and coffee mornings.

13. Galway Centre for Independent Living

Address:

Unit 53
Briarhill Business Park
Galway

Contact Details:

Telephone: 091 773910
Email: info@gcil.ie
Website: www.gcil.ie

Galway Centre for Independent Living supports people with disabilities to live independently. Some of its services are: accessible transport, home help and personal assistants to support people to study, work and take part in social activities.

14. Galway Head Injury Support Group

Address:

Quest Ireland Building
9A Liosbán Business Park
Tuam Road
Galway

Contact Details:

Telephone: 091 768 168
Email: galwayhisg@gmail.com
Website: www.galwayheadinjury.com

This group provide support, information & counselling to families of people with an ABI in Galway.

15. Galway & Roscommon Education & Training Board (GRET B)

Address:

An Coiléar Bán
Athenry
Co Galway

Contact Details:

Telephone: 091 874 500
Email: info@gretb.ie
Website: www.gretb.ie

Specialist Training Programmes in Galway and Roscommon are delivered to people with disabilities who may need more intensive support. The features of this specialist vocational training include: longer duration; adapted equipment; transport arrangements; enhanced programme content. The National Learning Network Centre delivers these courses in Galway for GRET B (*see listing below*).

Examples include ICT and vocational multi-skills. Courses are generally one to two years in duration, are delivered all year round and lead to QQI accreditation.

16. Irish Guide Dogs

Address:

Contact Details:

Telephone: 1850 506 300
Email: support@guidedogs.ie
Website: <https://guidedogs.ie/>

This service helps people who are blind or visually impaired to live as independently as possible. They train Guide Dogs to help people to safely move around and live independently. They also offer Assistance Dogs to people who are on the autistic spectrum.

They offer many other supports such as: mobility training and training in independent living skills such as cooking.

17. Irish Wheelchair Association

Address:

Galway:
Resource &
Outreach Service
Unit 10A
Merlin Park Hospital
Galway

Tuam:

Tuam Resource &
Outreach Service
The Glebe
Dublin Road
Tuam
Co Galway

Contact Details:

Telephone: 091 771 552
Email: galway@iwa.ie
Website: www.iwa.ie

Telephone: 093 26659
Email: tuam@iwa.ie
Website: www.iwa.ie

The Irish Wheelchair Association supports people with physical disabilities to live independently and access services. They have education and training programmes, support people to live in independently and help people to access transport such as driving cars.

18. Irish Wheelchair Association Sport

Address:

Blackheath Drive
Clontarf
Dublin 3

Contact Details:

Telephone: 01 818 6400
Email: info@iwasport.com
Website: www.iwasport.com

The Irish Wheelchair Association gives children, young people and adults with a physical disability the chance to take part in a number of sports. Some of these sports are: Wheelchair Rugby, Wheelchair Basketball, Para Athletics, Para Powerlifting, Para Swimming, Para Archery, Para Table Tennis and Boccia.

Galway Speeders: This multi-sports club is for children and young people with physical disabilities. They have many sports such as Wheelchair Basketball, Wheelchair Sailing, Wheelchair Hurling and Para Table Tennis. For more information contact: Delia Boyce (*Secretary*) 087 7971454 or delia.boyce@hotmail.com or Liz Gantly (*Chairperson*) 086 1730180 or gantlyliz@gmail.com or see www.galwayspeeders.ie.

Titans Wheelchair Basketball Club: This is a wheelchair basketball club for adults that trains in Galway City. For more information see <https://www.titans.ie/site/wheelers/> or contact wheelchairs@titans.ie.

19. Meals4Health

Address:

Unit 5
Ballybane Industrial Estate
Ballybane
Galway
H91 Y7R9

Contact Details:

Telephone: 091 354000 / 085 8719384
Email: info@meals4health.ie
Website: www.meals4health.ie

Meals4Health make fresh ready meals and deliver them to people at home. This service is aimed at older people, people recovering from illness or those who find it difficult to shop and cook for themselves. Their meals can be adapted for medically related needs and focus on meeting people's specific dietary needs.

20. National Council for the Blind in Ireland – West (Galway, Mayo, Roscommon)

Address:

Odeon House
Eyre Square
Galway

Contact Details:

Telephone: 091 564 926
Email: info@ncbi.ie
Website: www.ncbi.ie

The National Council for the Blind in Ireland (NCBI) supports people who are blind or visually impaired. The NCBI helps people to adapt to sight loss and build their independence, learn new skills and access audio and Braille books, for example.

21. National Learning Network

Address:

National Learning Network
Centre
Horizon Business Park
Ballybrit
Galway

Contact Details:

Telephone: 091 756 650
Email: galway@nlm.ie
Website: <https://www.rehab.ie/national-learning-network/>

The National Learning Network supports people who find it difficult to get a job because of a disability, illness or are long-term unemployed. They have over 70 different vocational and rehabilitative training programmes that help to build people's confidence and skills and/or become more job ready.

22. Parkinson's Association of Ireland- Galway Branch

Address:

Contact Details:

Contact: Marie Cahill
Telephone: 087 7783825
Email: galwaychairperson@parkinsons.ie
Website: www.parkinsons.ie

The Galway branch of the Parkinson's Association of Ireland meet on the 3rd Wednesday of every month in the Clayton Hotel, Galway at 8pm. Each month a different speaker gives a talk, followed by a Q&A session.

23. Quest Galway, Mayo, Roscommon

Address:

Contact Details:

Quest Ireland Building
 9A Liosbán Business Park
 Tuam Road
 Galway

Telephone: 091 778850
Email: quest@nl.ni
Website: www.questbraininjury.com

Quest Brain Injury Services is a community rehabilitative service for people who have sustained an acquired brain injury (ABI). Part of the National Learning Network, Quest is funded by the HSE and caters for people in the Galway, Mayo and Roscommon regions. The service is available to brain injury survivors between the ages of 18 and 65 years of age.

24. Social Farming Ireland

Address:

Contact Details:

Southwest Regional
 Development CLG
 Main Street
 Balla
 Co Mayo
 F23 WD61

Contact: Deirdre Fahey
*(Western Regional
 Development Officer)*
Telephone: 087 623 3862
Email: dfahey@southmayo.com
Website: www.socialfarmingireland.ie

Social Farming offers activities on farms as a social support for many kinds of people such as people with intellectual and physical disabilities and those who have addiction issues. By taking part in day to day activities on family farms people's self-esteem and health and wellbeing can improve.

25. Special Olympics Connaught

Address:

The Gateway Building
North West Business Park
Collooney
Sligo

Contact Details:

Telephone: 071 9118320
Email: connaught@specialolympics.ie
Website: www.specialolympics.ie

Special Olympics Ireland organises sports activities for children, young people and adults with intellectual disabilities. They have 16 different sports such as athletics, basketball, table tennis and kayaking. There are 60 clubs across Connaught with some in Galway city and county.

26. SupportMe

Address:

Contact Details:

Email: info@supportme.ie
Website: www.supportme.ie

This website has information on different services in the West of Ireland such as disability supports, training and education, mental health and addiction.

**Information in booklet
accessed from these websites:**

www.asiam.ie

www.citizensinformation.ie

www.disability-federation.ie

www.education.ie

www.galwaychildcare.com

www.galwaycitycouncil.ie

www.galwaycountycouncil.ie

www.gtmtrav.ie

www.gcp.ie

www.hse.ie

www.localemploymentservices.ie

www.supportme.ie

www.welfare.ie

www.workplacerelations.ie



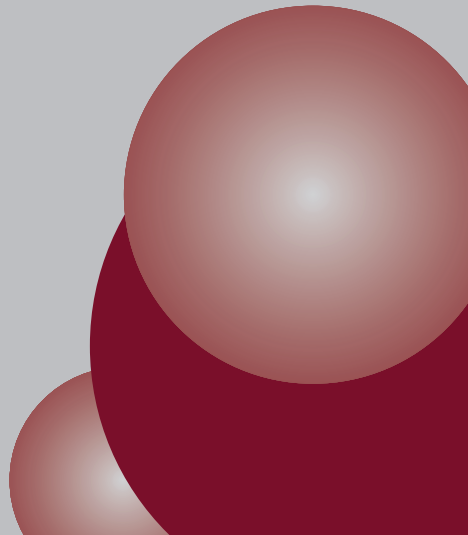
Notes





Forbairt Tuaithe na Gaillimhe

Treoir ar Thacaíochtaí do Dhaoine faoi Mhíchumas



Treoir do Dhaoine faoi Mhíchumais

Tá an leabhrán seo á fhoilsiú ag Forbairt Tuaithe na Gaillimhe mar chuid den Clár SICAP¹ 2018-2022 chun faisnéis, treoir agus comhairle a thabhairt maidir le seirbhísí agus tacaíochtaí do leanaí, daoine óga agus daoine fásta faoi mhíchumais i gContae na Gaillimhe.

Tá dhá chuid sa leabhrán. Baineann an chéad chuid le tacaíochtaí do leanaí agus dó dhaoine óga faoi mhíchumais agus baineann an dara chuid le tacaíochtaí do dhaoine fásta faoi mhíchumais. Tá liosta de na rátaí reatha leasa shóisialaigh agus cúnaimh shóisialta freisin, chomh maith le liosta d'eagraíochtaí áisiúla ann. Níl anseo ach treoir agus is ceart duit tuilleadh eolais a lorg ó na heagraíochtaí ar an liosta. Ní féidir le Forbairt Tuaithe na Gaillimhe a bheith freagrach as aon earráidí sa leabhrán.

¹ Forbairt Tuaithe na Gaillimhe a bhainistíonn An Clár um Chuimsiú Sóisialta agus Gníomhachtú Pobail (SICAP) do Chontae na Gaillimhe. Cabhraítear le saol daoine a fheabhsú, faoin gclár seo, trí bhithin rochtain ar oideachas agus oiliúint, cabhair chun rochtain a fháil ar ghníomhaíochtaí sóisialta agus tacaíocht le hobair a fháil.



Clár Gníomhachtúcháin Pobail agus Cuimsiú Sóisialta.



Aontas Eorpach

Ag infheistiú i do dhán Ciste Sóisialta na hEorpa



Rialtas na hÉireann
Government of Ireland



Tá an Clár um Chuimsiú Sóisialta agus Gníomhachtaithe Pobail (SICAP) 2018-2022 maoinithe ag Rialtas na hÉireann tríd an Roinn Forbartha Tuaithe agus Pobail agus atá cômhaoinithe ag Ciste Sóisialta na hEorpa faoin gClár um Infhostaitheacht, Cuimsiú agus Foghlaim (PEIL) 2014-2020.

Leanaí faoi Mhíchumais

Oideachas Réamhscoile

An Scéim um Chúram agus Oideachas na Luath-Óige: Tugtar dhá bhliain saor in aisce i réamhscoil do leanaí sula dtosaíonn siad sa bhunscoil faoin scéim seo. Tá an scéim ar oscailt do gach leanbh ó dhá bhliain agus ocht mí d'aois go dtí cúig bliana agus sé mhí d'aois.

Leis an tSamhail um Rochtain agus Cuimsiú (*AIM*), tugtar tacaíocht do leanaí faoi mhíchumais rochtain a fháil ar an Scéim um Chúram agus Oideachas na Luath-Óige i suíomhanna réamhscoile príomhshrutha agus a bheith rannpháirteach i ngach gníomhaíocht réamhscoile. Féadfaidh tuismitheoirí rochtain a fháil ar fhaisnéis chun tacú lena leanbh agus féadfaidh leanaí rochtain a fháil ar thacaíochtaí amhail teiripe agus trealamh chun cabhrú leo freastal ar an réamhscoil.

Chun tuilleadh faisnéis a fháil faoi thacaíochtaí do leanaí réamhscoile, déan teagmháil le:

Coiste Cúram Leanaí Chontae agus Chathair na Gaillimhe

9b Ionad Miondíola Lios Bán, Bóthar Thuama, Gaillimh, H91Y6D2.

Teil: 091 752 039 **Ríomhphost:** mail@galwaychildcare.com

Láithreán Gréasáin: <https://www.galwaychildcare.com/>

Oideachas Bunscoile agus Iar-bhunscoile

Cinntíonn an Chomhairle Náisiúnta um Oideachas Speisialta (*CNOS*) go bhféadfaidh leanaí agus daoine óga a bhfuil riachtanais speisialta oideachais acu rochtain a fháil ar oideachas. Tá foireann Eagraithe Riachtanais Speisialta Oideachais ag CNOS a oibríonn le tuismitheoirí agus le scoileanna lena chinntiú go bhfaigheann leanaí agus daoine óga na tacaíochtaí a theastaíonn uathu le go mbeidh siad in ann dul ar scoil.



Eagraithe Riachtanais Speisialta Oideachais (ERSO) na Gaillimhe

Celia Donohue

CNOS, 1ú Urlár, Teach an Chustaim, Lána an Draoi,
Contae na Gaillimhe.

Teil: 01 6033275 **Ríomhphost:** celia.donohue@ncse.ie

Láithreán Gréasáin: www.ncse.ie

Patricia Creaven

CNOS, 1ú Urlár, Teach an Chustaim, Lána an Draoi,
Contae na Gaillimhe.

Teil: 01 6033262 **Ríomhphost:** patricia.creaven@ncse.ie

Láithreán Gréasáin: www.ncse.ie

Tá de cheart ag leanaí agus daoine óga a bhfuil riachtanais speisialta oideachais acu oideachas saor in aisce a fháil go dtí go mbeidh siad 18 bliana d'aois. Nuair is féidir, tugtar tacaíocht do leanaí agus daoine óga a bhfuil riachtanais speisialta oideachais acu freastal ar scoileanna príomhshrutha. Déantar sin ach amháin sa chás nach mbeidh sé chun leasa na leanaí/daoine óga sin, nó sa chás go gcuirfeadh sé isteach go mór ar na scoláirí eile sa rang. Freastalaíonn formhór na leanaí agus na ndaoine óga a bhfuil riachtanais speisialta acu ar:

- scoileanna speisialta;
- ranganna speisialta i ngnáthscoileanna;
- ranganna príomhshrutha le tacaíochtaí.

Faoi dhlí na hÉireann, tá de cheart ag leanaí agus daoine óga faoi mhíchumas, amhail lagú éisteachta, neamhord urlabhra agus teanga nó neamhord de chuid speictream an uathachais, measúnú a fháil ar a riachtanas i leith thacaíochtaí sláinte agus oideachais. Cuirtear Plean Oideachais don Dalta Aonair i bhfeidhm chun tacú leis an leanbh, bunaithe ar an measúnú sin. Áirítear sa Plean Oideachais don Dalta Aonair mionsonraí amhail spriocanna foghlama an linbh agus an chabhair agus an tacaíocht atá uaidh chun dul ar scoil. Ar na tacaíochtaí féideartha tá:



- Cúntóirí Riachtanas Speisialta a thugann cúram agus tacaíocht don duine óg sa scoil;
- Teicneolaíocht Chúnta amhail ríomhairí nó tacaíochtaí éisteachta sa seomra ranga;
- Deontas le haghaidh teagasc sa bhaile do leanaí agus daoine óga nach féidir leo dul ar scoil;
- Clár Oideachais lúil lena gcuirtear síneadh leis an scoilbhliain;
- Iompar chun na scoile, go háirithe i bhfeithiclí sainoiriúnaithe.

Seirbhís na Múinteoirí Cuartaíochta

Le Seirbhís na Múinteoirí Cuartaíochta, tugtar tacaíocht do leanaí agus daoine óga suas go 18 mbliana d'aois a bhfuil lagú éisteachta nó amhairc acu. Cuireann siad comhairle agus cabhair ar fáil do leanaí agus daoine óga, dá dtuismitheoirí agus dá múinteoirí lena chinntiú go dtacaítear leis an leanbh nó duine óg ar scoil agus go bhfoghlaimeoidh siad scileanna don saol chun cabhrú leo an míchumas a bhainistiú.

Múinteoir Cuartaíochta do Leanaí Dalla nó a bhfuil Lagú Amhairc orthu

Mary Costello

Teil: 085 8701331 **Ríomhphost:** mary.costello@ncse.ie

Láithreán Gréasáin: <https://ncse.ie/visiting-teachers>

Múinteoir Cuartaíochta do Leanaí Bodhra nó Leanaí nach bhfuil an éisteacht go maith acu

Martina Farren (*Gaillimh*)

Teil: 087 9782543 / 01 6033442

Ríomhphost: martina.farren@ncse.ie

Láithreán Gréasáin: <https://ncse.ie/visiting-teachers>

Amanda Weldon (*Gaillimh agus Ros Comáin*)

Teil: 087 9589501 / 01 6033442

Ríomhphost: amanda.weldon@ncse.ie

Láithreán Gréasáin: <https://ncse.ie/visiting-teachers>



I ndiaidh an Mheánoideachais

Tá tacaíochtaí gairmoideachais agus oiliúna éagsúla ar fáil do dhaoine nuair a chríochnaíonn siad an meánscoil nó dóibh siúd ar mian leo post a fháil. Áirítear orthu sin:

- **An Scéim Fóirdheontais Pá:** Faoin scéim seo, faigheann fostóirí tacaíocht airgeadais chun cabhrú leo pá a íoc le baill foirne faoi mhíchumas. Ní mór don duine oibriú níos mó ná 21 uair an chloig sa tseachtain. Ní mór go mbeadh na cearta céanna acu is a bheadh ag baill foirne eile, mar shampla, laethanta saoire. Ní mór ar a laghad pá íosta a íoc leo. Seans go mbeadh roinnt daoine ar an scéim seo in ann sochair a choimeád, amhail an Pas Saorthaistil, an cárta leighis agus an Liúntas Breosla. Chun tuilleadh eolais a fháil, déan teagmháil le d'oifig áitiúil Intreo nó le do bhrainse leasa shóisialaigh áitiúil nó féach

<https://www.gov.ie/en/service/37c057-wage-subsidy-scheme/>.

- **Seirbhísí Oiliúna Íosaf:** AbilityWest a reáchtálann na seirbhísí seo atá lonnaithe in áiteanna éagsúla i gContae na Gaillimhe. Cabhraíonn an tseirbhís seo le daoine faoi mhíchumais intleachtúla scileanna don saol a fhoghlaim agus a spriocanna a bhaint amach.

Teil: 091 540900 **Ríomhphost:** clientservices@abilitywest.ie.

- **Foghlaim don Saol (*Learning for Life*):** National Council for the Blind a reáchtálann an clár seo. Is clár athshlánúcháin é seo a chabhraíonn le daoine atá dall nó a bhfuil lagú amhairc orthu scileanna don saol ó lá go lá agus scileanna soghluaisteachta a fhoghlaim, mar shampla, sula dtéann siad ar aghaidh chuig oiliúint nó oideachas eile.

NCBI Bóthar Whitworth, Droim Conrach,
Baile Átha Cliath 9. **Teil:** 01 8307033

Ríomhphost: info@ncbi.ie

Láithreán Gréasáin: www.ncbi.ie



- **An Clár Cumais (*Ability Programme*):** Tacaíonn an tseirbhís seo le daoine óga faoi mhíchumas atá idir 16 agus 29 mbliana d'aois agus a chónaíonn i gConamara. Cabhraíonn sé le daoine óga a spriocanna a bhaint amach i réimsí amhail oiliúint, oideachas agus fostaíocht. Chun tuilleadh eolais a fháil, déan teagmháil le:

Karen Mannion

Teil: 087 9635272 **Ríomhphost:** k.mannion@forumconnemara.ie

Láithreán Gréasáin: <https://www.forumconnemara.ie/ability>

- Tá cóitseálaí post do dhaoine óga atá idir 16 agus 29 mbliana d'aois agus ar mian leo post a fháil ag Cumann Cathaoireacha Rothaí na hÉireann.

Sarah Chalke, Cóitseálaí Post: An Clár Cumais, Réigiún an Iarthair, Cumann Cathaoireacha Rothaí na hÉireann, The Glebe, Bóthar Bhaile Átha Cliath, Doogra, Tuaim, Contae na Gaillimhe.

Teil: 087 3310255 **Ríomhphost:** sarah.chalke@iwa.ie

- Féadfaidh mic léinn tríú leibhéal faoi mhíchumas rochtain a fháil ar thacaíochtaí sonracha agus seirbhísí chun cabhrú leo lena gcuid oideachais:

- Association for Higher Education Access and Disability

(AHEAD): Tugann an eagraíocht seo tacaíocht do dhaoine faoi mhíchumais páirt a ghlacadh san oideachas tríú leibhéal. Cuireann AHEAD comhairle ar mhic léinn, ar thuismitheoirí agus ar mhúinteoirí maidir le saincheisteanna míchumais san oideachas.

An Halla Thoir, COBÁC, Ascaill Dhún Charúin,

An Charrraig Dhubh, Co. Bhaile Átha Cliath.

Teil: 01 7164396 **Ríomhphost:** ahead@ahead.ie

Láithreán Gréasáin: www.ahead.ie

- Clár An Chéad Chéim Eile (*Next Step Programme*): Tugann

Cumann na hÉireann um Madraí Treorach tacaíocht do dhaoine atá dall nó a bhfuil lagú amhairc orthu freastal ar oideachas tríú leibhéal. Lena gclár oiliúna, múinteoir an iliomad

scileanna do dhaoine, amhail an tslí le cócaireacht, maireachtáil i spásanna comhroinnte agus rochtain a fháil ar na seirbhísí a dteastaíonn

uathu ina gcoláiste nó ollscoil. Chun tuilleadh eolais a fháil, **Teil:** 1850 506 300

Ríomhphost: support@guidedogs.ie

Láithreán Gréasáin: <https://guidedogs.ie/get-support/next-step-programmes/>



- **Seirbhís Tacaíochta do Dhaoine faoi Míchumas:** Tá Seirbhís Tacaíochta do Dhaoine faoi Míchumas ag formhór na n-institiúidí tríú leibhéal a fhéadfaidh tacaíocht agus faisnéis a thabhairt do mhic léinn faoi mhíchumas. Tá faisnéis faoi sin le fáil ar láithreán gréasáin na n-institiúidí féin.

- **Ciste do Mhic Léinn faoi Míchumas:** féadfaidh mic léinn faoi mhíchumais rochtain a fháil ar thacaíochtaí chun freastal ar oideachas tríú leibhéal. Áirítear orthu sin teicneolaíocht chúnata chun cabhrú le breacadh nótaí, cúntóirí pearsanta agus tacaíochtaí acadúla agus foghlama. An institiúid a eagraíonn na tacaíochtaí sin le comhaontú ón mhac léinn. Féadfaidh tú tuilleadh eolais faoi sin a fháil ón tSeirbhís Tacaíochta do Mhic Léinn faoi Míchumas i do choláiste nó ollscoil tríú leibhéal.

- **Scéim Iontrála DARE:** Mar chuid dá n-iarratas CAO, féadfaidh mic léinn faoi mhíchumas an Scéim Iontrála DARE (*Bealach Rochtana ar Oideachas do Dhaoine faoi Míchumas*) a úsáid chun iarratas a dhéanamh ar oideachas tríú leibhéal. Sa chás go mbíonn tionchar diúltach ag míchumas mhic léinn ar a gcuid torthaí, féadfaidh siad cur isteach ar chúrsaí ar bhonn pointí laghdaithe. Féadfaidh tú tuilleadh eolais faoi sin agus liosta teagmhálacha do gach coláiste agus ollscoil a fháil ag <http://accesscollege.ie/dare/>

- **Deontas SUSI:** Féadfaidh daoine faoi mhíchumais iarratas a dhéanamh ar an ngnáthdheontas SUSI do mhic léinn tríú leibhéal.

Chun tuilleadh eolais a fháil:

Teil: 0761 087874

Ríomhphost: support@susi.ie

Láithreán Gréasáin: <https://susi.ie/>



Tusla, an Ghníomhaireacht um Leanaí agus an Teaghlach, An Rannóg um Obair Shóisialta Leanaí agus Teaghlach

Le Tusla, cabhraítear le leanaí agus daoine óga a choimeád slán sábháilte. Oibríonn Tusla le teaghlaigh agus le pobail agus tairgeann Tacaíocht do Theaghlaigh, agus cúram agus seirbhísí um chosaint leanaí lasmuigh den bhaile do leanaí agus daoine óga.

Teil: Cathair na Gaillimhe 091 546366

Teil: Tuaim 093 37200 **Teil:** Baile Locha Riach 091 872700

Teil: Béal Átha na Sluaighe 090 9646200

Teil: Uachtar Ard 091 552200

Seirbhís Tacaíochta Tusla do Theaghlaigh

Cuirtear comhairle agus tacaíocht ar fáil do theaghlaigh a mbíonn fadhbanna acu faoin tseirbhís seo. Teil: 091 548 496

Ionaid Acmhainní Teaghlaigh

Tugann Ionaid Acmhainní Teaghlaigh faisnéis, comhairle agus tacaíochtaí do theaghlaigh agus do ghrúpaí sa phobal. Reáchtálann siad cúrsaí oiliúna agus tairgeann seirbhísí agus tacaíochtaí duine-le-duine agus do ghrúpaí.

Ionad Acmhainní Teaghlaigh ARD, 1ú Uirlár, Ionad Tráchtála Mhuirinne, Dabhach Uisce, Contae na Gaillimhe.

Teil: 091 768852 **Ríomhphost:** martina@ardfrc.com

Ionad Acmhainní Teaghlaigh Clann, Cregg Lodge, Bóthar an Stáisiúin, Uachtar Ard, Contae na Gaillimhe.

Teil: 091 5576334 **Ríomhphost:** clanninfo@gmail.com

Ionad Acmhainní Teaghlaigh an Ghoirt, Church Street, An Gort, Contae na Gaillimhe.

Teil: 091 630902 **Ríomhphost:** administrator@gortfrc.com

Ionad Acmhainní Teaghlaigh Solas Áth Cinn
(lena n-áirítear For-rochtain Bhéal Átha Ghártha)
An Phríomhshráid, Áth Cinn, Contae na Gaillimhe.

Teil: 093 36446 **Ríomhphost:** solasfrc@eircom.net

Ionad Acmhainní Teaghlaigh Bhaile Locha Riach, Sráid Bhríde, Contae na Gaillimhe. **Teil:** 091 871149

Ríomhphost: info@loughreafamilyresourcecentre.ie



Seirbhísí Sláinte

In Éirinn, cuireann Feidhmeannacht na Seirbhísí Sláinte (FSS) tacaíochtaí agus seirbhísí sláinte ar fáil do leanaí agus daoine óga, do thuismitheoirí agus do theaghlaigh. Cuireann Ionaid Sláinte FSS seirbhísí éagsúla ar fáil don phobal, amhail cúram leighis, altraí sláinte poiblí, imdhíonadh saor in aisce do pháistí agus do leanaí, agus seirbhísí míchumais. Chun liosta Ionad Sláinte FSS i gContae na Gaillimhe a fháil, déan teagmháil le: 1850 24 1850 nó féach <https://www.hse.ie/eng/services/list/2/healthcentres/>

Féadfaidh tú comhairle sláinte a fháil ach gaoch ar: 1850 24 1850, nó féach <https://www.hse.ie/eng/>

Seo a leanas cuid de na seirbhísí sláinte le haghaidh do leanaí a fhéadfaidh tú teacht orthu:

- Déanann Dochtúirí Teaghlaigh seiceálacha forbartha saor in aisce sna seachtainí i ndiaidh teacht ar an saol do pháiste;
- Tugann altraí sláinte poiblí tacaíocht do theaghlaigh freisin i ndiaidh do pháiste teacht ar an saol. Déanann siad seiceáil ar fhorbairt pháiste agus tugann siad tacaíocht agus comhairle do thuismitheoirí nua maidir le sláinte a bpáiste;
- Tacaíochtaí do leanaí faoi mhíchumais. Eagraítear na seirbhísí sin ar bhealaí difriúla ar fud na hÉireann. Dá bharr sin, is ceart duit seiceáil le d'Ionad Sláinte Áitiúil le fáil amach cé na seirbhísí atá ar fáil san áit a gcónaíonn tú.

Tá clár náisiúnta á chur i bhfeidhm ag FSS dar teideal 'Seirbhísí Míchumais a Chur chun Cinn do Leanaí agus Daoine Óga' chun an tslí a gcuirtear seirbhísí ar fáil ar fud na tíre a athrú, agus chun iad a dhéanamh cothrom agus comhsheasmhach do chách.



Is éard is aidhm leo bealach níos córa a fhorbairt chun seirbhísí a sholáthar do leanaí faoi mhíchumais:-

- Is ceart seirbhísí a bhunú ar riachtanais leanaí seachas ar a ndiagnóis.
- Is ceart seirbhísí a bheith ar fáil do leanaí agus do theaghlaigh pé áit a gcónaíonn siad.
- Tá Grúpa Áitiúil um Fhorfheidhmiú ag gach Contae.

Is iad na teagmhálacha do Chontae na Gaillimhe:

- Mary Derrig mary.derrig@hse.ie
- Orla Irwin Oral.Irwin@hse.ie
- Mary O'Donnell mary.odonnell5@hse.ie

Cártaí Cuirte Dochtúra do Leanaí faoi 6 Bliana d'Aois

Féadfaidh leanaí suas go 6 bliana d'aois, atá ina gcónaí in Éirinn le níos mó ná bliain anuas, cuairt a thabhairt ar a ndochtúir teaghlaigh saor in aisce. Áirítear air sin cuairteanna chuig an dochtúir teaghlaigh, cuairteanna an dochtúra ar bhaile an linbh, agus cúram práinneach lasmuigh d'uaireanta oibre. Tá measúnú ag 2 bhliain d'aois agus ag 5 bliana d'aois, ina seiceáiltear airde, meáchan agus forbairt fhoriomlán an linbh, san áireamh freisin. Féadfaidh siad cúram asma saor in aisce a fháil freisin. Níl costas leighis ná costas cóireáil ospidéil san áireamh leis an gcárta seo.

Sa chás go bhfuil cárta leighis ag do leanbh cheana féin, ní gá é a chlárú don scéim seo. Sa chás go dtagann athrú ar do scéal agus nach bhfuil cárta leighis agat a thuilleadh, ansin ní mór duit do leanbh a chlárú don scéim seo.

An tSlí le hiarratas a Dhéanamh

Má tá ceist ar bith agat faoin tslí le hiarratas a dhéanamh, féadfaidh tú glaoch ar an nglao áitiúil

1890 252 919



Teastóidh an méid seo a leanas uait chun clárú:

- D'Uimhir Phearsanta Seirbhíse Poiblí (*PSP*). Sa chás nach bhfuil Uimhir PSP agat agus go bhfuil do pháiste faoi dhá mhí d'aois, féadfaidh tú clárú trí bhíthin an Uimhir PSP a fhágáil folamh agus seolfaidh FSS litir ar leithligh chugat chun í a fháil;
- Uimhir PSP gach linbh. Seolfar Uimhir PSP dóibh chugat i ndiaidh duit breith do linbh a chlárú. Sa chás nach bhfuil Uimhir PSP agat do do leanbh, déan teagmháil le Seirbhísí Aitheantais Cliant sa Roinn Coimirce Sóisialaí, glao áitiúil 1890 927 999 nó seol ríomhphost chuig cis@welfare.ie;
- Ainm agus mionsonraí teagmhála do dhochtúra teaghlaigh.

Clárú Ar Líne

Beidh ort a sheiceáil go nglacann do dhochtúir teaghlaigh le foirmeacha clárúcháin ar líne. Sa chás go nglacann, féadfaidh tú clárú ar líne ag gpvisitcard.ie.

Clárú leis an bPost

Sa chás nach nglacann dochtúir teaghlaigh le clárúithe ar líne, nó más fearr leat foirm pháipéir a úsáid, féadfaidh tú an Fhoirm Chláraithe do Chárta Cuairte Dochtúra do Leanaí faoi 6 Bliana d'Aois a íoslódáil ó <https://www2.hse.ie/services/gp-visit-cards/under-6s-gp-visit-card.html>, agus iarraidh ar do dhochtúir teaghlaigh í a shíniú. Féadfaidh tú foirm a fháil tríd an bpost ach glaoch ar 1890 252 919.



**Seoltar an fhoirm chuig an seoladh seo:
Cárta Cuairte Dochtúra
do Leanaí faoi 6 Bliana d'Aois
Bosca OP 12629
Baile Átha Cliath 11**

Liúntais Chúraim do Leanaí agus Daoine Óga faoi Mhíchumais

Liúntas Cúraim Baile

Íocaíocht mhíosúil atá sa Liúntas Cúraim Baile a íoctar le cúramóir leanbh faoi mhíchumas trom a chónaíonn sa bhaile. Ní dhéantar tástáil acmhainne i leith na híocaíochta sin². Féadfaidh gach leanbh a fhaigheann an Liúntas Cúraim Baile cárta leighis a fháil. Féadfaidh tuismitheoirí Sochar Linbh a éileamh don leanbh freisin. Scoirtear den Liúntas Cúraim Baile nuair a bhaineann leanbh 16 bliana amach. Nuair a bhíonn 16 bliana slánaithe ag leanbh, féadfaidh sé iarratas a dhéanamh ar Liúntas Míchumais. Coinneoidh cúramóirí a leanann orthu ag tabhairt cúraim lánaimseartha dá leanbh a n-íocaíocht cúramóra.

Déantar measúnú i leith Liúntas Cúraim Baile ar leanbh bunaithe ar dhéine a mhíchumais agus ar an méid tacaíochtaí agus cabhrach breise a dteastaíonn uaidh. Chun tuilleadh eolais a fháil faoin tslí le hiarratas a dhéanamh ar an Liúntas Cúraim Baile:

Oifig Sheirbhísí Leasa Shóisialaigh, Bóthar an Choláiste, Sligeach.

Teil: 071 9157100/1890 500000 **Ríomhphost:** domcare@welfare.ie

Láithreán Gréasáin: <https://www.gov.ie/en/service/30fac9-domiciliary-care-allowance/>

Chun iarratas a dhéanamh, comhlánaigh foirm don Liúntas Cúraim Baile (*pdf*). Féadfaidh tú foirm iarratais a fháil ach “FORM DCA” agus d’ainm agus do sheoladh a sheoladh ar theachtaireacht téacs chuig 51909 (*beidh feidhm le gnáthrátaí*) nó glaigh ar d’Ionad Intreo nó ar d’oifig bhrainse Leasa Shóisialaigh, nó ar an tSeirbhís Eolais do Shaoránaigh áitiúil.

² Is bealach lena thástáil cibé an gcáilíonn tú d’íocaíocht nó sochar leasa shóisialaigh í tástáil acmhainne. Chun tuilleadh eolais faoi sin a fháil, féach: https://www.citizensinformation.ie/en/social_welfare/irish_social_welfare_system/means_test_for_social_welfare_payments/means_test.html#:~:text=A%20means%20test%20is%20a,all%20your%20sources%20of%20income%20nó%20deán%20teagmháil%20le%20Ionad%20Eolais%20do%20Shaoránaigh%20Áitiúil%20chun%20comhairle%20a%20fháil.



Íocaíochtaí do Chúramóirí

Má thugann tú cúram do dhuine faoi mhíchumas, seans go mbeidh tú in ann íocaíocht cúramóra a fháil.

Is iad na príomh-íocaíochtaí do dhaoine a thugann cúram lánaimseartha:

- **Sochar Cúramóra:** Bunaítear an íocaíocht seo ar ranniocaíochtaí ÁSPC. Sa chás go bhfaigheann tú Sochar Cúramóra, féadfaidh tú cárta leighis a fháil. Chun tuilleadh eolais a fháil, déan teagmháil le:
Oifig Sheirbhísí Leasa Shóisialaigh
Tithe an Rialtais, Bóthar Ballinalee, An Longfort, N39 E4E0.
Teil: 043 3340000 nó 1890 927770
Ríomhphost: carersbenefit@welfare.ie
Láithreán Gréasáin: <https://www.gov.ie/en/service/455c16-carers-benefit/>
- **Liúntas Cúramóra:** Tugtar é seo do dhaoine ar ioncam íseal atá ag tabhairt cúraim lánaimseartha do dhuine. Déantar tástáil acmhainne ar an liúntas seo. Seans go mbeidh tú in ann Liúntas Cúramóra ar leathráta a fháil sa chás go bhfaigheann tú íocaíocht Leasa Shóisialaigh eile agus go dtugann tú aire do dhuine faoi mhíchumas. Chun tuilleadh eolais a fháil, déan teagmháil le:
Oifig Sheirbhísí Leasa Shóisialaigh
Tithe an Rialtais, Bóthar Ballinalee, An Longfort, N39 E4E0.
Teil: 043 334 0000 nó 1890 927 770
Ríomhphost: carersallowance@welfare.ie
Láithreán Gréasáin: <https://www.gov.ie/en/service/2432ba-carers-allowance/>
- **Deontas Tacaíochta Cúramóra:** Tugtar an deontas seo uair amháin sa bhliain do dhaoine a fhaigheann na híocaíochtaí Liúntas Cúraim Baile, Sochar Cúramóra nó Liúntas Cúramóra. Féadfaidh an cúramóir é a úsáid le haghaidh rud ar bith, faoina lánrogha féin, agus is minic a úsáidtear é chun íoc as cúraim faoisimh. Chun tuilleadh eolais a fháil, déan teagmháil le:



An Roinn Gnóthaí Fostaíochta agus Coimirce Sóisialaí
Tithe an Rialtais, Bóthar Ballinalee, An Longfort, N39 E4E0.

Teil: 043 334 0000 nó 1890 927 770

Ríomhphost: respitecare@welfare.ie

Láithreán Gréasáin: [https://www.gov.ie/en/service/
16220307-carers-support-grant/](https://www.gov.ie/en/service/16220307-carers-support-grant/)

Tacaíochtaí eile a d'fhéadfaí a fháil:

- **Saoire Cúramóra gan Phá:** Féadfaidh cúramóirí saoire cúramóra gan phá a fháil ar feadh suas go dhá bhliain chun cúram lánaimseartha a thabhairt. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad

Eolais do Shaoránaigh áitiúil nó féach

https://www.citizensinformation.ie/en/employment/employment_rights_and_conditions/leave_and_holidays/carers_leave_from_employment.html

- **Saoire do Thuismitheoirí:** Féadfaidh gach tuismitheoir atá ag obair Saoire do Thuismitheoirí suas go 22 sheachtain a thógáil ón obair le haghaidh gach duine dá gcuid leanaí sula mbaineann siad 12 bliana d'aois amach. Sa chás go bhfuil míchumas ag do leanbh, féadfaidh tú Saoire do Thuismitheoirí a thógáil go dtí go mbeidh 16 bliana d'aois slánaithe ag do leanbh. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad

Eolais do Shaoránaigh áitiúil nó féach

https://www.citizensinformation.ie/en/employment/employment_rights_and_conditions/leave_and_holidays/carers_leave_from_employment.html



- **Creidmheas Cánach Linbh Éagumasaithe:** D'fhéadfadh daoine atá ag tabhairt cúraim do leanbh cleithiúnach Creidmheas Cánach Linbh Éagumasaithe €3,000 a fháil. Chun tuilleadh eolais a fháil, déan teagmháil le hOifig Réigiúnach na gCoimisinéirí Ioncaim Geata na Cathrach, Bóthar Fhaiche an Aonaigh, Gaillimh.
Teil: 01 738 3636

Láithreán Gréasáin: <https://www.revenue.ie/en/personal-tax-credits-reliefs-and-exemptions/children/incapacitated-child-credit/index.aspx>

- **An Scéim um Chúramaí Baile:** Sa chás go n-éiríonn tú as an obair chun cúram lánaimseartha a thabhairt do leanbh faoi 12 bliana d'aois nó do leanbh nó duine fásta faoi mhíchumas, d'fhéadfadh go ndéanfaí neamhaird ar na blianta sin, nó nach gcuirí na blianta sin san áireamh agus do mheánmhéid bliantúil á ríomh le haghaidh do Phinsean Stáit (*Ranníocach*).
Chun tuilleadh eolais a fháil, déan teagmháil le
An Roinn Gnóthaí Fostaíochta agus Coimirce Sóisialaí
Bun Cranncha, Co. Dhún na nGall, F93 CH79.
Teil: 01 471 5898 nó 1890 690 690

Ríomhphost: HomeMakersScheme@welfare.ie
Láithreán Gréasáin: <https://www.gov.ie/en/service/e216c5-homemakers-scheme/>



Tacaíochtaí do Dhaoine Fásta Faoi Míchumas

Íocaíochtaí Míchumais

Ní mór duit méid áirithe íocaíochtaí ÁSPC a bheith déanta agat chun cáiliú le haghaidh roinnt íocaíochtaí míchumais. Déantar tástáil acmhainne ar íocaíochtaí eile, mar sin cáilíonn tú de réir d'ioncaim. Tá sochair eile a d'fhéadfaí a fháil, amhail An Pacáiste Sochair Teaghlaigh, an Liúntas Breosla, an Pas Saorthaistil nó Méadú sa Liúntas um Chónaí Aonair. Chun tuilleadh eolais a fháil fúthu sin, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil.

Seo a leanas roinnt íocaíochtaí míchumais:

- **Sochar Breoiteachta:** Íocaíocht ghearrthéarmach í seo do dhaoine nach féidir a bheith ag obair mar gheall go bhfuil siad breoite. Ní mór duit méid áirithe íocaíochtaí ÁSPC a bheith déanta agat chun í a fháil. Chun tuilleadh eolais a fháil, déan teagmháil le:

An Roinn Gnóthaí Fostaíochta agus Coimirce Sóisialaí

Bosca OP 1650, Baile Átha Cliath 1.

Teil: 01 704 3300 nó 1890 928400

Ríomhphost: illnessbenefit@welfare.ie

Láithreán Gréasáin: <https://www.gov.ie/en/service/ddf6e3-illness-benefit/>

- **Pinsin Easláine:** Íocaíocht do dhaoine nach raibh in ann a bheith ag obair ar feadh bliana mar gheall ar bhreoiteacht nó míchumas agus nach bhfuiltear ag súil go mbeidh siad in ann a bheith ag obair go ceann bliana eile ar a laghad. Ní mór duit méid áirithe íocaíochtaí ÁSPC a bheith déanta agat chun í a fháil.



Chun tuilleadh eolais a fháil, déan teagmháil le:

Seirbhísí Leasa Shóisialaigh

Tithe an Rialtais, Bóthar Ballinalee, An Longfort, N39 E4E0.

Teil: 043 334 0000 nó 1890 927 770

Ríomhphost: Invgenenq@welfare.ie

Láithreán Gréasáin: <https://www.gov.ie/en/service/d148b9-invalidity-pension/>

- **Sochar Cumais Pháirtigh:** Sa chás go bhfaigheann tú Sochar Breoiteachta nó Pinsean Easláine agus gur mian leat filleadh ar an obair, féadfaidh tú iarratas a dhéanamh ar Shochar Cumais Pháirtigh. Íoctar é sin nuair nach féidir leat an méid céanna oibre a dhéanamh is a rinne tú sular tháinig breoiteacht nó míchumas ort. Chun tuilleadh eolais a fháil, déan teagmháil le:

2ú Urlár, Áras Mhic Dhiarmada,

Sráid an Stórais, Baile Átha Cliath.

Teil: 01 704 3300

Ríomhphost: PCB@welfare.ie

Láithreán Gréasáin: <https://www.gov.ie/en/service/c79268-partial-capacity-benefit/>

- **Liúntas Míchumais:** Is íocaíocht fhadtéarmach í seo do dhaoine os cionn 16 bliana d'aois, nach bhfuil in ann a bheith ag obair mar gheall ar an míchumas atá orthu. Déantar tástáil acmhainne air. Féadfaidh tú méid áirithe airgid a thuilleamh ó phost íochta gach seachtain chomh maith leis an íocaíocht seo a fháil. Chun tuilleadh eolais a fháil, déan teagmháil le:

An Roinn Gnóthaí Fostaíochta agus Coimirce Sóisialaí

Oifig Sheirbhísí Leasa Shóisialaigh

Tithe an Rialtais, Bóthar Ballinalee, An Longfort.

Teil: 043 334 0000 nó 1890 92 7770

Ríomhphost: DA_InetInfo@welfare.ie

Láithreán Gréasáin:

<https://www.gov.ie/en/service/df6811-disability-allowance/>



- **Pinsean na nDall:** Is íocaíocht í seo do dhaoine atá dall nó a bhfuil lagú amhairc orthu. Déantar tástáil acmhainne ina leith. Sa chás go bhfaigheann tú í, seans go gcáileoidh tú freisin do Liúntas Leasa na nDall ó FSS freisin. Féadfaidh tú méid áirithe airgid a thuilleamh ó phost íochta gach seachtain chomh maith leis an íocaíocht seo a fháil. Chun tuilleadh eolais a fháil, déan teagmháil le:

Oifig Sheirbhísí Leasa Shóisialaigh
Bóthar an Choláiste, Sligeach, F91 T384.

Teil: 1890 500 000

Ríomhphost: Blind_Pension@welfare.ie

Láithreán Gréasáin: <https://www.gov.ie/en/service/619221-blind-pension/>

- **An Scéim um Shochar Díobhála Ceirde:** Is íocaíocht í seo do dhaoine a ndearnadh díobháil dóibh ag an obair, nó a bhí ag taisteal chun na hoibre nó uaithi, nó a fuair galar mar gheall ar an áit a n-oibríonn siad. Faoin scéim seo, féadfaidh tú Sochar Díobhála a fháil, ar íocaíocht ghearrthéarmach í, chomh maith le Sochar Míthreorach, ar féidir í a íoc mar phinsean fadtéarmach nó mar íocaíocht aonuaire. Chun tuilleadh eolais a fháil, déan teagmháil le:

An Roinn Gnóthaí Fostaíochta agus Coimirce Sóisialaí
Bosca OP 1650, Baile Átha Cliath.

Teil: 01 704 3300

Ríomhphost: illnessbenefit@welfare.ie

Láithreán Gréasáin: <https://www.gov.ie/en/service/fcdb1e-injury-benefit/>

- **An Scéim um Liúntas Leasa Forlíontach:** Is íocaíocht í seo do dhaoine gan ioncam nó ar bheagán ioncaim nach gcáilíonn d'íocaíochtaí eile. Féadfaidh tú cabhair a fháil chun do chíos a íoc, nó do chostais mhóra nó do chostais gan choinne. Is ceart duit iarratas a dhéanamh ar an íocaíocht seo ag d'Ionad Sláinte Áitiúil nó féach <https://www.gov.ie/en/service/36e514-supplementary-welfare-allowance/>



Is iomaí tacaíocht ann chun cabhrú le daoine costais liachta a íoc. Ina measc tá:

Cártaí Leighis

Le cárta leighis, tugtar rochtain ar sheirbhísí saor in aisce amhail cuairteanna ar do dhochtúir teaghlaigh, seirbhísí sláinte pobail, costais cúraim ospidéil agus leigheas ar oideas (*ach ní mór duit táille bheag a íoc as an oideas*). Féadfaidh tú tástáil súile agus cluasa agus scrúdú déidliachta saor in aisce a fháil freisin.

Seans go mbeidh tú in ann cárta leighis a fháil sa chás:

- Go bhfuil tú ar ioncam fíor-íseal,
- Go bhfuil tinneas nó míchumas trom ort,
- Go bhfuil tú idir 16-25 bliana d'aois, agus go bhfuil cárta leighis ag do thuismitheoirí nó go gcónaíonn tú leat féin agus tú ar ioncam íseal,
- Go bhfuil tú os cionn 70 bliana d'aois.

Féadfaidh tú tuilleadh eolais a fháil agus iarratas a dhéanamh ar chárta leighis ar líne ag <https://www2.hse.ie/medical-cards/>. Féadfaidh tú tuilleadh eolais agus foirmeacha iarratais a fháil ag d'Ionad Sláinte Áitiúil, d'Oifig Intreo áitiúil nó d'oifig bhrairse leasa shóisialaigh áitiúil, nó d'Ionad Eolais do Shaoránaigh, nó ag glao áitiúil 1850252919.

Cárta Cuairte Dochtúra

Mura n-éiríonn le d'iarratas ar chárta leighis, seans go mbeidh tú in ann Cárta Cuairte Dochtúra a fháil ina áit. Le Cárta Cuairte Dochtúra, féadfaidh daoine cuairt saor in aisce a thabhairt ar a ndochtúir teaghlaigh. Ní chuimsítear costais oideas leis an gCárta Cuairte Dochtúra, áfach, ná ní chuimsítear íocaíochtaí le haghaidh cúram ospidéal. Féadfaidh gach duine atá os cionn 70 bliana d'aois Cárta Cuairte Dochtúra a fháil gan tástáil acmhainne. Sa chás go bhfuil tú os cionn 70 bliana d'aois agus go bhfuil duine cleithiúnach agat amhail fear céile nó bean chéile, seans go mbeidh an duine sin in ann

Cárta Cuairte Dochtúra a fháil freisin. Déantar tástáil

acmhainne air sin ach féadfaidh tú ioncam níos airde a bheith agat ná mar is amhlaidh i gcás Chárta Leighis. Sa chás go bhfaigheann tú Sochar Cúramóra ar ráta iomlán nó ar leath ráta, nó Líuntas Cúramóra,

féadfaidh tú Cárta Cuairte Dochtúra a fháil. Chun tuilleadh eolais a fháil, glaoigh ar 1850 24 1850, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html>



An Scéim um Ghalar Ainsealach

Tugtar rochtain ar leigheas agus ar threalamh saor in aisce do dhaoine áirithe atá faoi mhíchumais nó atá breoite faoin scéim seo. Áirítear orthu sin daoine a bhfuil diaibéiteas, titimeas, míchumas intleachtúil, diostróife mhatánach agus scléaróis iolrach orthu. Chun liosta iomlán a fháil de na míchumas arna gcuimsiú faoin scéim seo agus chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Sláinte Áitiúil nó féach <https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html>

An Scéim um Íocaíochtaí Drugaí

Is ceart duit iarratas a dhéanamh ar an íocaíocht seo sa chás go n-íocann tú níos mó ná €124 sa mhí as leigheas duit féin nó do do theaghlach agus nach féidir leat cárta leighis a fháil. Féadfaidh duine ar bith iarratas a dhéanamh ar an scéim seo. Ní gá duit ach €124 a íoc as do chostais leighis, as ocsaigin nó meaisín CPAP a fháil ar cíos gach mí faoin scéim seo. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Sláinte Áitiúil nó féach <https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html#Who-can-apply>

Seirbhísí Cúraim Pobail

Le Seirbhísí Cúraim Pobail, tugtar tacaíocht do dhaoine faoi mhíchumas maireachtáil sa phobal. Áirítear ar na seirbhísí sin altraí sláinte poiblí, oibríthe sóisialta, teiripeoirí ceirde, seirbhísí cúntóra baile, seirbhísí cosliachta, seirbhísí teiripe urlabhra agus teanga, cúram faoisimh agus cúram lae. Chun tuilleadh eolais a fháil faoina bhfuil le fáil i do cheantar áitiúil, déan teagmháil le d'Oifig Sláinte Áitiúil, D'Ionad Eolais do Shaoránaigh áitiúil nó le do dhochtúir teaghlaigh.



Fostaíocht

Is iomaí tacaíocht ann chun cabhrú le daoine faoi mhíchumas fostaíocht a fháil:

- **An tSeirbhís EmployAbility:** Leis an tseirbhís seo, tugtar tacaíocht do dhaoine faoi mhíchumais, do dhaoine a bhfuil fadhbanna meabhairshláinte acu nó do dhaoine a raibh breoiteacht nó galar tromchúiseach orthu. Cabhraítear le daoine a bhfuil post acu, atá ag cuardach poist agus le fostóirí. Le EmployAbility, tugtar tacaíocht amhail cuardach post agus meaitseáil post, tacaíocht agus cóitseáil sa láthair oibre, agus cabhair le lánpháirtíú sa láthair oibre.

Chun tuilleadh eolais a fháil, déan teagmháil le:

EmployAbility Gaillimh

Aonad 9A, Ionad Teicneolaíochta na Gaillimhe,

Páirc Gnó Mervue, Gaillimh H91 F773.

Teil: 091 755235 nó 086 3800 444

Ríomhphost: info@employabilityGaillimh.ie

Láithreán Gréasáin: <https://www.employabilityGaillimh.ie/>

Tabhair ar aird go mbaineann na deontais thíos leis an earnáil phríobháideach. Sa chás go n-oibríonn tú san earnáil phoiblí, ní mór d'fhostóir an tacaíocht atá uait a sholáthar, amhail íoc as trealamh nó ateangairí.

- **Deontas um Ateangaire ag Agallamh Poist:** Má tá tú bodhar nó moill éistigh ort, nó má tá lagú cainte ort, íoctar as ateangaire ag agallamh poist leis an deontas seo. Féadfar íoc as ateangaire freisin chun cabhrú leat nuair a thosaíonn tú i bpost nua. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh áitiúil nó féach <https://www.gov.ie/en/publication/ad8633-operational-guidelines-job-interview-interpret-grant-jiig/>



- **An Deontas um Oiriúnú Trealaimh san Ionad Oibre:** Sa chás go bhfuil post agat nó go dtosaíonn tú i bpost nua, féadfar íoc as athruithe atá le déanamh ar d'ionad oibre leis an deontas seo, nó chun cabhrú le trealamh nua a cheannach chun tacú leat i do chuid oibre. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www.gov.ie/en/service/38fdd0-workplace-equipment-adaptation-grant/>
- **Deontas um Léitheoir Pearsanta:** Sa chás go bhfuil tú dall nó lagú amhairc ort, féadfaidh tú iarratas a dhéanamh ar an deontas seo chun cabhrú leat ábhar a léamh agus tú ag an obair. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh áitiúil nó féach <https://www.gov.ie/en/service/231dfe-personal-reader-grant/>
- **Deontas um Choinneáil Fostaithe:** Leis an deontas seo, cabhraítear le fostóirí fostaithe a choinneáil ag obair sa chás go dtagann breoiteacht nó míchumas orthu. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www.gov.ie/en/publication/a13e33-operational-guidelines-employee-retention-grant-scheme/>
- **Scéim Tacaíochta um Fheasacht ar Mhíchumas:** Tugtar maoiniú d'fhostóirí faoin scéim seo chun oiliúint maidir le feasacht ar chúrsaí mhíchumais san ionad oibre a chur ar bhail foirne. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www.gov.ie/en/service/3970b5-disability-awareness-support-scheme/>



Ar na scéimeanna a bhféadfá rochtain a fháil orthu tá:

- **An Scéim Fostaíochta Pobail (CE):** Faoin scéim seo, cabhraítear le daoine atá faoi mhíbhuntáiste nó atá difhostaithe go fadtéarmach filladh ar an obair trí bhíthin phoist pháirt-aimseartha ina bpobal áitiúil a thairiscint dóibh. Seans go mbeidh tú in ann dul isteach i scéim CE sa chás go bhfuil íocaíochtaí míchumais áirithe á bhfáil agat, amhail an Liúntas Míchumais nó Pinsean na nDall. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www.gov.ie/en/service/412714-community-employment-programme/>
- **An Scéim Shóisialta Tuaithe (RSS):** Is d'fheirmeoirí ar ioncam íseal agus d'iascairí/do mhná a fhaigheann íocaíochtaí leasa shóisialaigh áirithe amhail Cúnamh Feirme nó Cúnamh Éisc agus an Liúntas Míchumais. Oibríonn daoine ar an Scéim RSS go páirt-aimseartha ar thionscadail a chabhraíonn lena bpobal áitiúil. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www.gov.ie/en/service/059da9-rural-social-scheme/>
- **Liúntas Fiontraíochta um Fhilleadh ar Obair:** Leis an íocaíocht seo, cabhraítear le daoine a fhaigheann íocaíochtaí leasa shóisialaigh áirithe, amhail an Liúntas Míchumais nó an Sochar Cuardaitheora Post, chun a ngnó féin a thionscain. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www.gov.ie/en/service/f215a4-back-to-work-enterprise-allowance/>
- **Liúntas Fiontraíochta Gearrthréimhseach:** Leis an íocaíocht seo, cabhraítear le daoine a chaill a bpost agus a cháilíonn don Sochar Cuardaitheora Post chun a ngnó féin a thionscain. Chun tuilleadh eolais a fháil, déan teagmháil le d'Ionad Eolais do Shaoránaigh Áitiúil nó féach <https://www.gov.ie/en/service/538ba3-short-term-enterprise-allowance-stea/>



Tithíocht

Sa chás go bhfuil míchumas ort nó gur duine scothaosta tú a bhfuil dúshláin soghluaisteachta romhat, seans go mbeidh tú in ann cúnaimh airgeadais a fháil chun d'áit chónaithe a chur in oiriúint do do chuid riachtanas. Chun tuilleadh eolais a fháil, déan teagmháil le: Tithíocht, Áras an Chontae, Cnoc na Radharc, Gaillimh, H91H6KX.

Teil: 091 509300 **Ríomhphost:** housing@Gaillimhcoco.ie

Láithreán Gréasáin: <http://www.Gaillimh.ie/en/services/housing/>

Scéim Deontais na nÁiseanna Soghluaisteachta:

Féadfar an deontas seo a úsáid chun íoc as athruithe beaga nach mór a dhéanamh ar d'áit chónaithe mar gheall go bhfuil fadhbanna soghluaisteachta agatsa nó ag duine i do theaghlach. Mar shampla, is féidir íoc as cathaoir staighre, rampaí rochtana agus greimráillí. Is do dhaoine scothaosta é seo, go príomha, ach féadfar é a úsáid le haghaidh daoine faoi mhíchumas freisin.

An Deontas um Oiriúnú Tithe do Dhaoine faoi Mhíchumas:

Féadfar an deontas seo a úsáid chun íoc as athruithe móra nach mór duit a chur ar d'áit chónaithe mar gheall go bhfuil míchumas fisiciúil, céadfach, nó intleachta, ortsa nó ar dhuine i do theaghlach, nó deacracht mheabhairshláinte. Ar na hathruithe a d'fhéadfaí a íoc astu leis an deontas seo tá: cathaoir staighre, síneadh le d'áit chónaithe agus leithreas thíos staighre.

An Scéim Chúnaimh Tithíochta do Dhaoine Scothaosta:

Féadfar an deontas seo a úsáid chun íoc as deisiúcháin ar d'áit chónaithe sa chás go bhfuil tú féin nó duine i do theaghlach os cionn 66 bliana d'aois. Ar na deisiúcháin agus na feabhsúcháin a fhéadtar a dhéanamh tá: téamh lárnach a chur isteach, fuinneoga agus doirse a athrú, córas leictreachais nua a chur isteach agus díon nua a chur ar áit chónaithe.



Tithíocht Shóisialta

Is éard atá anseo, tithíocht nó árasán a thugtar do dhaoine nach bhfuil in acmhainn a n-áit chónaithe féin a cheannach nó a fháil ar cíos. Féadfaidh an liosta feithimh do Thithíocht Shóisialta a bheith thar a bheith fada, mar sin bí cinnte go ndéanann tú iarratas láithreach. Tá tithíocht shóisialta shonrach ar fáil do dhaoine faoi mhíchumais. D'fhéadfadh seirbhísí eile a bheith ar fáil do thionóntaí, amhail gníomhaíochtaí sóisialta, béilí agus foireann tacaíochta. Le bheith in ann iarratas a dhéanamh ar thithíocht shóisialta, ní mór go mbeadh d'ioncam faoi bhun méid áirithe agus seans go mbeidh ort a thaispeáint nach féidir leat tithíocht oiriúnach eile a aimsiú duit féin.

Íocaíocht Cúnaimh Tithíochta (HAP)

Sá chás go gcáilíonn tú le haghaidh tithíocht shóisialta ach nach bhfuil tithíocht shóisialta oiriúnach i do cheantar, is ceart duit iarratas a dhéanamh ar an Íocaíocht Cúnaimh Tithíochta (HAP). Faoi HAP, íocann tú cíos le tiarna talún príobháideach. Íocfaidh Comhairle Chontae nó Cathrach na Gaillimh do chíos (*suas go méid áirithe*). Aistrefar daoine a fhaigheann Forlíonadh Cíosa nó daoine atá ar an Scéim Cóiríochta Cíosa (RAS) chuig HAP le himeacht aimsire. Chun tuilleadh eolais faoi tacaíochtaí tithíochta a fháil, déan teagmháil le:

Tithíocht, Áras an Chontae, Cnoc na Radharc, Gaillimh, H91H6KX.

Teil: 091 509300 **Ríomhphost:** housing@Gaillimhcoco.ie

Láithreán Gréasáin: <http://www.Gaillimh.ie/en/services/housing/> or https://www.housing.gov.ie/sites/default/files/publications/files/housing_options_english_feb18_v2.pdf

Tithíocht Dheonach

Tairgeann eagraíochtaí tithíochta deonaí tithíocht shóisialta do dhaoine ar an tslí chéanna is a dhéanann Comhairle Cathrach agus Chontae na Gaillimhe. Tá grúpscéimeanna agus sciath-thithíocht acu do dhaoine scothaosta. Faoi na scéimeanna sin, tugtar deis do dhaoine maireachtáil go neamhspleách ach le rochtain acu ar sheirbhísí tacaíochta.



Tá formhór na n-eagraíochtaí sin bunaithe sa phobal agus bunaíodh iad chun freastal ar riachtanais tithíochta sonracha, amhail don Lucht Siúil agus do dhaoine scothaosta.

Chun tuilleadh eolais a fháil, déan teagmháil le:
Rannóg Tithíochta Deonáí Chomhairle Chontae na Gaillimhe
Teil: 091 509029

Taisteal

Pas Saorthaistil

Sa chás go bhfaigheann tú Pinsean Easláine, Liúntas Cúramóra, Pinsean na nDall nó Liúntas Míchumais, féadfaidh tú Pas Saorthaistil a fháil. Faigheann gach duine os cionn 66 bliana d'aois Pas Saorthaistil freisin. Leis an bpas seo, tugtar deis do dhaoine taisteal saor in aisce ar iompar poiblí agus ar roinnt seirbhísí bus agus bád farantóireachta freisin.

Chun tuilleadh eolais a fháil, déan teagmháil leis:
An Rannóg Saorthaistil
Seirbhísí Leasa Shóisialaigh, Bóthar an Choláiste, Sligeach, Éire.

Teil: (071) 915 7100 nó 1890 500 000

Ríomhphost: freetravelqueries@welfare.ie

Láithreán Gréasáin: <https://www.gov.ie/en/service/9bba61-free-travel-scheme/>



Tiomáint agus Míchumas

Faoiseamh Cánach do Thiománaithe agus Paisinéirí faoi Mhíchumas

Tá an faoiseamh seo ar fáil do thiománaithe agus do phaisinéirí faoi mhíchumas fisiciúil. Sa chás go bhfaigheann tú an faoiseamh cánach seo, féadfaidh tú aisíocaíochtaí a fháil ar CBL, agus ní gá duit Cáin Cláraithe Feithiclí, mótarcháin ná dolaí a íoc. Féadfaidh tú aisíocaíocht ar CBL ar chostais bhreosla a fháil freisin.

Ceadanna Páirceála do Dhaoine faoi Mhíchumas

Leis na ceadanna seo, is féidir carr ina bhfuil tiománaí nó paisinéir faoi mhíchumais a pháirceáil i spás páirceála faoi leith do dhaoine faoi mhíchumas. Féadfaidh daoine páirceáil saor in aisce, mar shampla ar shráideanna agus i gcarrchlóis. Is féidir iad a úsáid i ngach tír san AE.

Chun tuilleadh eolais faoi na scéimeanna sin a fháil,
déan teagmháil le:

Disabled Drivers Association of Ireland

Baile an Daighin, Clár Chlainne Mhuiris, Co. Mhaigh Eo.

Teil: 094 936 4054 nó 094 4266 **Ríomhphost:** info@ddai.ie

Láithreán Gréasáin: <https://ddai.ie/>



Rátaí Leasa Shóisialaigh do 2021

Íocaíochtaí Árachais Shóisialaigh

Ráta Seachtainiúil Uasta (ón tseachtain Dar tús an 4 Eanáir 2021)	Ráta Pearsanta €		Méadú do Dhuine Fásta Incháilithe €		Méadú do Leanbh Incháilithe €			
	2020	2021	2020	2021	2020 Faoi 12	2020 Aois 12 +	2021 Faoi 12	2021 Aois 12 +
Íocaíochtaí Árachais Shóisialta								
Pinsean Stáit (<i>Ranníocach</i>)								
• Ráta Pearsanta - Faoi 80	248.30	248.30			36.00	40.00	38.00	45.00
• Ráta Pearsanta - 80 +	258.30	258.30			36.00	40.00	38.00	45.00
• Méadú do Dhuine Fásta Incháilithe - Faoi 66			165.40	165.40				
• Méadú do Dhuine Fásta Incháilithe - 66 +			222.50	222.50				
Pinsean Baintrí / Baintrí Fir / Páirtnéara Shibhialta Mharthanaigh (<i>Ranníocach</i>) / Sochar Banchéile Thréigthe								
• Faoi 66	208.50	208.50			36.00	40.00	38.00	45.00
• 66 agus faoi 80	248.30	248.30			36.00	40.00	38.00	45.00
• 80 +	258.30	258.30			36.00	40.00	38.00	45.00
Pinsin Easláine	208.50	208.50	148.90	148.90	36.00	40.00	38.00	45.00
Sochar Cúramóra / Liúntas Síorfheastail	220.00	220.00			36.00	40.00	38.00	45.00
Sochar Míthreorach	234.00	234.00			36.00	40.00	38.00	45.00
Sochar Cuardaitheora Poist / Tinnis / um Shábháilteacht agus Sláinte / Diobhála	203.00	203.00	134.70	134.70	36.00	40.00	38.00	45.00
Sochar Máithreachais / Atharthachta / Uchtála / Tuismitheora	245.00	245.00						
Sochar Báis (<i>Scéim Diobhálacha Ceirde</i>)								
• Faoi 66	233.50	233.50			36.00	40.00	38.00	45.00
• 66 agus faoi 80	252.70	252.70			36.00	40.00	38.00	45.00
• 80 +	262.70	262.70			36.00	40.00	38.00	45.00



Íocaíochtaí Cúnaimh Shóisialaigh

Ráta Seachtainiúil Uasta (<i>ón tseachtain Dar tús an 4 Eanáir 2021</i>)	Ráta Pearsanta €		Méadú do Dhuine Fásta Incháilithe €		Méadú do Leanbh Incháilithe €			
	2020	2021	2020	2021	2020 Faoi 12	2020 Aois 12 +	2021 Faoi 12	2021 Aois 12 +
Íocaíochtaí Cúnaimh Shóisialaigh								
Pinsean Stáit (<i>Neamh-Ranníocach</i>)								
• Aois 66 agus Faoi Aois 80	237.00	237.00			36.00	40.00	38.00	45.00
• Aois 80 agus Níos Sine	247.00	247.00			36.00	40.00	38.00	45.00
• Méadú do Dhaoine Fásta Cáilithe - Under 66			156.60	156.60				
Liúntas Cúramóra								
• Aois 66	219.00	219.00			36.00	40.00	38.00	45.00
• Aois 66 agus Níos Sine	257.00	257.00			36.00	40.00	38.00	45.00
Liúntas Míchumais / Pinsean na nDall	203.00	203.00	134.70	134.70	36.00	40.00	38.00	45.00
Pinsean Baintrí / Baintrí Fir / Páirtnéara Shibhialta Mharthanaigh (<i>Neamh-Ranníocach</i>)	203.00	203.00			36.00	40.00		
Íocaíocht Teaghlaigh Aon Tuismitheora	203.00	203.00			36.00	40.00	38.00	45.00
Liúntas Réamh-Scoir / Banchéile Tréigthe	203.00	203.00			36.00	40.00	38.00	45.00
Liúntas Cuardaitheora Poist								
• 25 Bliana D'aois nó Níos Sine	203.00	203.00	134.70	134.70	36.00	40.00	38.00	45.00
• Aois 18-24 & Ag Maireachtáil go Neamhspleách le Tacaíocht Tithíochta Stáit	203.00		134.70		36.00	40.00		
• Aois 18-24 & Gan Maireachtáil go Neamhspleách	112.70		112.70					
Liúntas Leasa Forlíontach								
• 25 Bliana D'aois nó Níos Sine	201.00	201.00	134.70	134.70	36.00	40.00	38.00	45.00
• Aois 25 & Ag Maireachtáil go Neamhspleách le Tacaíocht Tithíochta Stáit	201.00	201.00	112.70	134.70	36.00	40.00	38.00	45.00
• Aois 25 & Gan Maireachtáil go Neamhspleách	112.70	112.70	112.70	112.70				
Cúnaimh Feirme	203.00	203.00	134.70	134.70	36.00	37.00	38.00	45.00



Íocaíocht Teaghlaigh Oibre (bhí Forlónadh Ioncaim Teaghlaigh)

Tairseacha Íocaíochta Teaghlaigh Oibre		
Méid an Teaghlaigh	Teorainn Ioncaim 2020	Teorainn Ioncaim 2021
1 leanbh	€531.00	€541.00
2 leanbh	€632.00	€642.00
3 leanbh	€733.00	€743.00
4 leanbh	€834.00	€834.00
5 leanbh	€960.00	€960.00
6 leanbh	€1,076.00	€1,076.00
7 leanbh	€1,212.00	€1,212.00
8 leanbh nó níos mó	€1,308.00	€1,308.00

Sochar Linbh

	Ráta 2020	Ráta 2021
Ráta Míosúil	€140.00 an leanbh	€140.00 an leanbh
<p>Cúpla - Íoctar Sochar Linbh ag ráta go leith (150%) den ghnáthrata míosúil i gcás gach linbh.</p> <p>Gach ilbhreith eile - Íoctar an Sochar Linbh ag dhá oiread (200%) den ghnáthrata míosúil i gcás gach linbh.</p>		



Íocaíochtaí Leasa Shóisialaigh Eile

	2020 go Seachtainiúil	2021 go Seachtainiúil
Íocaíocht Chaomhnóra (<i>Ranníocach</i>)	€186.00	€186.00
Íocaíocht Chaomhnóra (<i>Neamh-Chaomhnóra</i>)	€186.00	€186.00
Liúntas Breosla	€24.50	€28.00
Liúntas Maireachtála Aonair	€14.00	€19.00
Liúntas Oileáin (<i>oileáin shonraithe amach ón gcósta</i>)	€12.70	€20.00
	2020 go míosúil	2021 go míosúil
Liúntas Cúram Baile	€309.50	€309.50
	2020 go bliantúil	2021 go bliantúil
Deontas Tacaíochta Cúramóra	€1,700.00	€1,850.00
	2020 annually	2021 annually
Liúntas Éadaí & Coisbhirt um Fhilleadh ar Scoil Gach leanbh cáilithe atá 4-11 de bhilanta d'aois Gach leanbh cáilithe atá 12 bhilanta d'aois agus níos sine		
	€150.00	€150.00
	€275.00	€275.00
	2020 íocaíocht aon uair amháin	2021 íocaíocht aon uair amháin
Deontas Baintreachais nó Páirtnéara Shibhialta	€6,000.00	€8,000.00



Sochar Breisithe Breoiteachta i leith Asláithreachtaí COVID-19

Ráta Pearsanta	Méadú do Dhuine Fásfa Cáilithe	Méadú do Leanbh Cáilithe	
		Faoi 12	Aois 12 +
€350.00	€134.70	€38.00	€45.00

Íocaíocht Dífhostaíochta na Paindéime COVID-19

Tuilleamh Comhlán Seachtainiúil Roimh Éileamh	Ráta Reatha	An Ráta ón 1 Feabhra 2021
Faoi €200	€203.00	€203.00
€200 to €300	€250.00	€203.00
Os cionn €300	€300.00	€250.00



Ionad Eolais do Shaoránaigh

Is anseo a thugtar eolas agus comhairle faoi sheirbhísí poiblí agus sóisialta, amhail cearta fostaíochta, sláinte, cearta custaiméirí agus scéimeanna leasa. Cabhraítear le daoine rochtain a fháil ar na seirbhísí sin freisin.

Déan teagmháil leis na hionad chun eolas a fháil faoi uaireanta oscailte agus clinicí for-rochtana.

An Clochán (Seirbhísí For-rochtana i Leitir Fraic)

c/o Comhar Creidmheasa an Chaisil/Chonamara,
Urlár Uachtair, Sea View, An Clochán.

Teil: 0761 07 7580 **Ríomhphost:** clifden@citinfo.ie

Gaillimh (Seirbhísí For-rochtana sa Ghort, in Áth Cinn, i mBaile Locha Riach, i bPort Omna agus i nDabhach Uisce)

Teach San Aibhistín, Sráid San Aibhistín, Gaillimh.

Teil: 0761 07 7600 **Ríomhphost:** Gaillimh@citinfo.ie

Ros Muc

Ionad Eolais do Shaoránaigh, Ionad Fiontair,
Ros Muc, Co. na Gaillimhe.

Teil: 0761 07 7730 **Ríomhphost:** rosmuc@citinfo.ie

Tuaim

Foirgneamh an Ionaid Oideachais
agus Forbartha,
Brú Bhríde, Church View, Tuaim,
Contae na Gaillimhe.

Teil: 076 1 07 7740

Ríomhphost: tuam@citinfo.ie



Ionaid Intreo agus Oifigí Brainse Leasa Shóisialaigh

Oifig Bhrainse Leasa Shóisialaigh, Béal Átha na Sluaighe

(cuimsítear ceantar Bhéal Átha na Sluaighe)

Aonad 1-2, Riverview, Béal Átha na Sluaighe, Contae na Gaillimhe.

Teil: 090 963 1800

Ionad Intreo an Chlocháin

(Cuimsítear an Clochán, Conamara Thuaidh, Conamara Theas)

Bóthar na Gaillimhe, An Clochán, H71 P660.

Teil: 095 22210

Ionad Intreo na Gaillimhe

*(Cuimsítear Cathair na Gaillimhe agus ceantair timpeall uirthi amhail
Uachtar Ard agus na hOileáin Árann)*

Ionad Sean Duggan, Bóthar Fhaiche an Aonaigh,
Gaillimh, H91 XT91.

Teil: 091 500800

Oifig Bhrainse Leasa Shóisialaigh, An Gort

*(Cuimsítear An Gort agus ceantair amhail Daraidh Braoin, Ard Raithin,
Cill Cholgáin, Cill Chríost, Cinn Mhara, Creachmhaoil, Leacain an Éadain,
An Tobar, Cora Finne, An Carn, Croisín agus Boirinn)*

Bóthar Bhaile Locha Riach, An Gort, Contae na Gaillimhe.

Teil: 091 630 210

Ionad Intreo Bhaile Locha Riach

*(Cuimsítear Baile Bhaile Locha Riach go Creachmhaoil, Baile Átha an Rí, An Cnoc
Breac, Cill Ríicill, Ceapaigh an tSeagail, Mullagh, Gort Uí Mhadáin, Cill Íomair,
Port Omna agus An Ghráig)*

Teach an Iarnróid, Bóthar an Stáisiúin,
Baile Locha Riach, Contae na Gaillimhe.

Teil: 091 576870

Oifig Bhrainse Leasa Shóisialaigh Thuama

Church View, Tuam, Contae na Gaillimhe,
H54 F882.

Teil: 093 70940

Ríomhphost: tuam@welfare.ie



Seirbhísí agus Eagraíochtaí Tacaíochta do Dhaoine faoi Mhíchumas i nGaillimh

1. Ability West

Seoladh:

Teach na Carraige Duibhe
Bóthar na Trá
Gaillimh, H91 R254

Mionsonraí Teagmhála:

Teileafón: 091 540900
Ríomhphost: enquiries@abilitywest.ie
Láithreán
Gréasáin: www.abilitywest.ie

Tugann Ability West tacaíocht do bhreis agus 520 leanbh, duine óg agus duine fásta faoi mhíchumas intleachtúil i gcathair agus i gcontae na Gaillimhe. Ritheann siad 4 scoil speisialta agus tugann cúram faoisimh do leanaí agus daoine óga. Tá go leor seirbhísí do dhaoine fásta ag AbilityWest amhail ionaid lae, cúram faoisimh agus tacú le daoine bheith ag maireachtáil go neamhspleách sa phobal.

2. Accessibility Ballinasloe

Seoladh:

Mionsonraí Teagmhála:

Teileafón:
Ríomhphost: accessibilitybsloe@gmail.com
Facebook: www.facebook.com/accessibilitybsloe

Is grúpa pobail é Accessibility Ballinasloe ar aidhm leis ceantar inrochtana agus uilechuimsitheach a dhéanamh de cheantar Bhéal Átha na Sluaighe, ina gcuirtear fáilte roimh chách agus ina dtugtar tacaíocht do gach duine saol neamhspleách, sláintiúil a chaitheamh, beag beann ar aois ná ar inscne.

3. AHEAD

Seoladh:

An Halla Thoir, COBÁC
Ascaill Dhún Charúin
An Charraig Dhubh
Co Bhaile Átha Cliath

Mionsonraí Teagmhála:

Teileafón: 01 716 4396
Ríomhphost: ahead@ahead.ie
Láithreán
Gréasáin: www.ahead.ie

Is eagraíocht neamhspleách, neamhbhrabúis é AHEAD a oibríonn chun timpeallachtaí uilechuimsitheacha a chruthú do dhaoine faoi mhíchumais san oideachas agus san fhostaíocht. Díríonn ár gcuid oibre go príomha ar bhreisoideachas, breisoiliúint, ardoideachas agus fostaíocht do chéimithe.

4. Acquired Brain Injury Ireland

Seoladh:

2ú Urlár, Bloc A,
Century House
100 Sráid Sheoirse Uachtarach
Dún Laoghaire
Co Bhaile Átha Cliath
A96 R2V3

Mionsonraí Teagmhála:

Teileafón: 01 280 4164
Ríomhphost: info@abiireland.ie
Láithreán
Gréasáin: www.abiireland.ie

Cabhraíonn an eagraíocht seo le daoine a bhfuil Gortuithe Inchinne Faighte acu a saol a atógáil i ndiaidh dóibh gortú inchinne a fháil, trí bhíthin athshlánúchán pobail agus seirbhísí tacaíochta ar fud na tíre.

5. Arthritis Ireland

Seoladh:

Clanwilliam Square
Cé na Canálach Móire
Baile Átha Cliath 2

Mionsonraí Teagmhála:

Teileafón: 01 661 8188
Ríomhphost: e.info@arthritisireland.ie
Láithreán
Gréasáin: www.arthritisireland.ie

Cabhraíonn Arthritis Ireland le daoine a bhfuil airtríteas orthu teacht ar an tacaíocht a dteastaíonn uathu chun saol lán, gníomhach a chaitheamh.

6. AsIAM

Seoladh:

Rock House
An Phríomhshráid
An Charraig Dhubh
Co. Baile Átha Cliath
A94 V9P1

Mionsonraí Teagmhála:

Teileafón: 01 445 3203
(fiosruithe riaracháin amháin)
Ríomhphost: info@asiam.ie
Láithreán
Gréasáin: www.asiam.ie/

Cuireann AsIAM le feasacht faoi uathachas in Éirinn. Tugann sé faisnéis do dhaoine ar speictream an uathachais agus dá dteaghligh faoi na seirbhísí sa phobal. Cuireann sé spás ar fáil do dhaoine ar speictream an uathachais le go gcloisfí faoin saol agus faoi na fadhbanna atá acu.

7. Aspergers Action Galway

Seoladh:

Mionsonraí Teagmhála:

Teileafón: 086 089 1688
Ríomhphost: info@aspergersgalway.com

Tugann Aspergers Action Galway tacaíocht do dhaoine a bhfuil siondróm Asperger acu agus dá dteaghligh. Eagraíonn siad cruinnithe rialta agus gníomhaíochtaí sóisialta i nGaillimh.

8. Bráithre na Carthanachta

Seoladh:

Fearann na Coille
An Rinn Mhór
Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 721400
Ríomhphost: contact.west@bocsi.ie
Láithreán
Gréasáin: <https://www.brothersofcharity.ie/galway/>

Leis an tseirbhís seo, tugtar tacaíocht do leanaí, daoine óga agus daoine fásta faoi mhíchumas fisiciúil, céadfach agus intleachtúil. Tá go leor seirbhísí éagsúla acu ar fud na Gaillimhe. Soláthraíonn siad seirbhísí sna réimse a leanas: fisiteiripe, síciatracht, síceolaíocht, altranas pobail agus teiripe urlabhra agus teanga. Tá scoileanna speisialta acu do leanaí agus do dhaoine óga faoi mhíchumais agus soláthraíonn siad cúram cónaitheach agus cúram lae do dhaoine fásta.

9. Down Syndrome Ireland

Seoladh:

Ionad Shiondróm
Down na Gaillimhe Thoir
Aonad 7 Cois Chláir
Baile an Chláir
Contae na Gaillimhe
H91A2F4

Mionsonraí Teagmhála:

Teileafón: 087 1861914
Ríomhphost: info@downsyndromegalway.ie
Láithreán
Gréasáin: www.downsyndromegalway.ie

Tugann Down Syndrome Ireland tacaíocht do dhaoine a bhfuil Siondróm Down orthu agus dá dteaghlaigh. Ar na seirbhísí atá acu tá: tacaíochtaí do thuismitheoirí nua, teiripe urlabhra agus teanga, grúpa tuismitheoirí agus lapadán agus tacaíochtaí oideachais.

10. Cumas Éireann - Gaillimh

Seoladh:

Bóthar Shéamais Uí Chuiric
An Caisleán Nua
Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 545800
Ríomhphost: info.galway@enableireland.ie
Láithreán
Gréasáin: www.enableireland.ie

Tugann Cumas Éireann tacaíocht do leanaí, daoine óga agus daoine fásta faoi mhíchumas fisiciúil agus céadfach. Ar na tacaíochtaí a thugann siad do leanaí agus daoine óga tá: seirbhís réamhscoile, cabhair le Teicneolaíochta Chúnta, seirbhísí tacaíochta teaghlaigh agus gníomhaíochtaí sóisialta amhail snámh agus marcaíocht capall. Ar roinnt de na seirbhísí do dhaoine fásta tá: cúntóirí pearsanta, iompar, seirbhísí tacaíochta na hoibre sóisialta agus cabhair le Teicneolaíocht Chúnta.

11. Family Carers Ireland

Seoladh:

The Glebe
Tuaim
Contae na Gaillimhe

Mionsonraí Teagmhála:

Teileafón: 093 30060
Ríomhphost: galwaysupport@familycarers.ie
Láithreán
Gréasáin: www.familycarers.ie

Tugann Family Carers Ireland cabhair, tacaíocht agus comhairle do chúramóirí. Reáchtálann siad grúpaí tacaíochta, eagraíonn siad gníomhaíochtaí do chúramóirí agus ritheann siad cláir oiliúna do dhaoine chun foghlaim le cúram a thabhairt dóibh féin agus do dhaoine eile. Tugann siad tacaíocht shonrach do chúramóirí óga atá faoi 18 mbliana d'aois freisin.

12. Galway Autism Partnership

Seoladh:

Tigh Rónáin
36 Páirc an Labhrais
An Caisleán Nua
Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 588 899
Ríomhphost: info@galwayautismpartnership.com
Láithreán
Gréasáin: www.galwayautismpartnership.com

Tugann Galway Autism Partnership (*GAP*) tacaíocht do dhaoine ar speictream an uathachais agus dá dteaghlaigh. Ar roinnt de sheirbhísí GAP tá: campaí agus clubanna, tacaíocht phiaraí, laethanta teaghlaigh agus maidineacha caifé.

13. Galway Centre for Independent Living

Seoladh:

Aonad 53
Páirc Gnó Chnoc Mhaoil Drise
Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 773910
Ríomhphost: info@gcil.ie
Láithreán
Gréasáin: www.gcil.ie

Tugann Galway Centre for Independent Living tacaíocht do dhaoine faoi mhíchumais maireachtáil go neamhspleách. Ar roinnt dá chuid seirbhísí tá: iompar inrochtana, cúntóirí baile agus pearsanta chun tacú le daoine bheith ag staidéar, ag obair agus ag glacadh páirte i ngníomhaíochtaí sóisialta.

14. Galway Head Injury Support Group

Seoladh:

Foirgneamh Quest Ireland
9A Páirc Gnó an Leasa Bháin
Bóthar Thuama
Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 768 168
Ríomhphost: galwayhisg@gmail.com
Láithreán
Gréasáin: www.galwayheadinjury.com

Tugann an grúpa seo tacaíocht, faisnéis agus comhairleoireacht do theaghlaigh daoine a bhfuil Gortú Inchinne Faighte acu i nGaillimh.

15. Bord Oideachais & Oiliúna na Gaillimhe & Ros Comáin (BOOGRC)

Seoladh:

An Coiléar Bán
Baile Átha an Rí
Co. na Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 874 500
Ríomhphost: info@gretb.ie
Láithreán
Gréasáin: www.gretb.ie

Soláthraítear Cláir Sainoiliúna i nGaillimh agus i Ros Comáin do dhaoine faoi mhíchumais a dteastaíonn diantacaíocht uathu. Is saintréithe den tsainoiliúint ghairme seo iad: fad achair níos faide; trealamh sainoiriúnaithe; socruithe taistil; ábhar cláir feabhsaithe. An Líonra Náisiúnta Foghlama a chuireann na cúrsaí sin ar fáil ar son BOOGRC (*féach liosta thíos*).

Áirítear TFC agus ilscileanna gairme ar na cúrsaí. Bíonn siad bliain nó dhá bhliain ar fhad, de ghnáth, cuirtear ar fáil iad i rith na bliana ar fad agus bronntar creidiúnú QQI ina leith.

16. Cumann na hÉireann um Madraí Treorach

Seoladh:

Mionsonraí Teagmhála:

Teileafón: 1850 506 300
Ríomhphost: support@guidedogs.ie
Láithreán
Gréasáin: <https://guidedogs.ie/>

Cabhraíonn an tseirbhís seo le daoine atá dall nó a bhfuil lagú amhairc orthu bheith ag maireachtáil ar an mbealach is neamhspleáiche agus is féidir. Cuireann siad oiliúint ar Mhadraí Treorach chun cabhrú le daoine bogadh thart go sábháilte agus maireachtáil go neamhspleách. Soláthraíonn siad Madraí Cúnaimh do dhaoine ar speictream an uathachais freisin.

Soláthraíonn siad tacaíochtaí eile freisin, amhail oiliúint i soghluaisteacht agus i scileanna le bheith ag maireachtáil go neamhspleách, amhail cócaireacht.

17. Cumann Cathaoireacha Rothaí na hÉireann

Seoladh:

Gaillimh:
Seirbhís Acmhainní agus
For-rochtana
Aonad 10A
Ospidéal Pháirc Mhuirlinne
Gaillimh

Tuaim:
Seirbhís Acmhainní agus
For-rochtana Thuama
The Glebe
Bóthar Bhaile Átha Cliath
Tuaim
Contae na Gaillimhe

Mionsonraí Teagmhála:

Teileafón: 091 771 552
Ríomhphost: galway@iwa.ie
Láithreán Gréasáin: www.iwa.ie

Teileafón: 093 26659
Ríomhphost: tuam@iwa.ie
Láithreán Gréasáin: www.iwa.ie

Tugann Cumann Cathaoireacha Rothaí na hÉireann tacaíocht do dhaoine faoi mhíchumas fisiciúil maireachtáil go neamhspleách agus rochtain a fháil ar sheirbhísí. Tá clár oideachais agus oiliúna acu, tacaíonn siad le daoine maireachtáil go neamhspleách agus rochtain a fháil ar iompar, amhail carr a thiomáint.

18. Cumann Cathaoireacha Rothaí na hÉireann: Spórt

Seoladh:

Céide an Fhraoigh Dhuibh
Cluain Tairbh
Baile Átha Cliath 3

Mionsonraí Teagmhála:

Teileafón: 01 818 6400
Ríomhphost: info@iwasport.com
Láithreán Gréasáin: www.iwasport.com

Tugann Cumann Cathaoireacha Rothaí na hÉireann deis do leanaí, daoine óga agus daoine fásta faoi mhíchumas fisiciúil páirt a ghlacadh i roinnt spórt. Áirítear orthu sin: Rugbaí/Cispheil i gCathaoir Rothaí, Para-Lúthchleasaíocht, Tréantógáil Meáchan do Phara-Lúthchleasaithe, Para-Shnámh, Para-Bhoghdóireacht, Para-Leadóig Boird agus Boccia.

Gaillimh Speeders: Is club ilspóirt é seo do leanaí agus daoine óga faoi mhíchumas fisiciúil. Is iomaí spórt atá acu, Cispheil i gCathaoir Rothaí, Seoltóireacht i gCathaoir Rothaí, Iománaíocht i gCathaoir Rothaí agus Para-Leadóig Boird. Chun tuilleadh eolais a fháil, déan teagmháil le: Delia Boyce (*Rúnaí*) 087 7971454 nó delia.boyce@hotmail.com nó Liz Gantly (*Cathaoirleach*) 086 1730180 nó gantlyliz@gmail.com nó féach www.Gaillimhspeeders.ie.

Club Cispheile i gCathaoir Rothaí Titans: Is club cispheile i gCathaoir rothaí é seo do dhaoine fásta agus bíonn siad ag traenáil i gCathair na Gaillimhe. Chun tuilleadh eolais a fháil, féach <https://www.titans.ie/site/wheelers/> nó déan teagmháil le wheelchairs@titans.ie.

19. Meals4Health

Seoladh:

Aonad 5
Eastát Tionscail an Bhaile Bháin
An Baile Bán
Gaillimh
H91 Y7R9

Mionsonraí Teagmhála:

Teileafón: 091 354000 / 085 8719384
Ríomhphost: info@meals4health.ie
Láithreán
Gréasáin: www.meals4health.ie

Déanann Meals4Health béilí úra a réiteach agus a sheachadadh chuig daoine sa bhaile. Is ar dhaoine scothaosta, daoine atá ag téarnamh ó thinneas nó daoine a mbíonn deacrachtaí acu siopadóireacht agus cócaireacht a dhéanamh dóibh féin, atá an tseirbhís dírithe. Is féidir béilí daoine a chur in oiriúint dá riachtanais liachta agus freastalaítear ar shainriachtanais cothaithe daoine.

20. National Council for the Blind in Ireland – An tIarlthar (Gaillimh, Maigh Eo, Ros Comáin)

Seoladh:

Teach Odeon
An Fhaiche Mhór
Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 564 926
Ríomhphost: info@ncbi.ie
Láithreán Gréasáin: www.ncbi.ie

Tugann The National Council for the Blind in Ireland (*NCBI*) tacaíocht do dhaoine atá dall nó a bhfuil lagú amhairc orthu. Cabhraíonn NCBI le daoine dul in oiriúint do chailliúint radharc na súl agus a neamhspleáchas a chothú, scileanna nua a fhoghlaim agus teacht ar chlosleabhair nó leabhair Braille, mar shampla.

21. An Lónra Náisiúnta Foghlama

Seoladh:

Ionad an Lónra Náisiúnta
Foghlama
Páirc Gnó Horizon
Baile an Bhriotaigh
Gaillimh

Mionsonraí Teagmhála:

Teileafón: 091 756 650
Ríomhphost: galway@nlm.ie
Láithreán
Gréasáin: <https://www.rehab.ie/national-learning-network/>

Tugann an Lónra Náisiúnta Foghlama tacaíocht do dhaoine a mbíonn deacrachtaí acu post a fháil mar gheall ar mhíchumas, breoiteacht nó a bheith difhostaithe go fadtéarmach. Tá os cionn 70 clár oiliúna gairme agus athshlánúcháin éagsúla acu a chabhraíonn le cur le féin-mhuinín agus scileanna daoine agus a ullmhaíonn iad chun post a fháil.

22. Parkinson's Association of Ireland – Brainse na Gaillimhe

Seoladh:

Mionsonraí Teagmhála:

Duine Teagmhála: Marie Cahill
Teileafón: 087 7783825
Ríomhphost: galwaychairperson@parkinsons.ie
Láithreán Gréasáin: www.parkinsons.ie

Tagann brainse na Gaillimhe de Parkinson's Association of Ireland le chéile an tríd Céadaoin de gach mí in Óstán Clayton, Gaillimh ar 8pm. Tugann duine difriúil aitheasc gach mí agus bíonn seisiún ceisteanna agus freagraí ina dhiaidh sin.

23. Quest Gaillimh, Maigh Eo, Ros Comáin

Seoladh:

Mionsonraí Teagmhála:

Quest Ireland Building
 9A Páirc Gnó an Leasa Bháin
 Bóthar Thuama
 Gaillimh

Teileafón: 091 778850
Ríomhphost: quest@nln.ie
Láithreán Gréasáin: www.questbraininjury.com

Is seirbhís athshlánúcháin phobail do dhaoine a bhfuil gortú inchinne faighte acu é Quest Brain Injury Services. Is cuid den Líonra Náisiúnta Foghlama é Quest agus faigheann sé maoiniú ó FSS. Freastalaíonn sé ar dhaoine i réigiúin na Gaillimhe, Mhaigh Eo agus Ros Comáin. Tá an tseirbhís ar fáil do mharthanóirí díobhálacha inchinne idir 18 agus 65 bliana d'aois.

24. Social Farming Ireland

Seoladh:

Mionsonraí Teagmhála:

Forbairt Réigiúnach an Iardheiscirt CLG
 An Phríomhshráid
 Balla
 Co Mhaigh Eo
 F23WD61

Duine Teagmhála: Deirdre Fahey
(Oifigeach Fhorbairt Réigiúnach an Iarthair)
Teileafón: 087 623 3862
Ríomhphost: dfahey@southmayo.com
Láithreán Gréasáin: www.socialfarmingireland.ie

Soláthraíonn Social Farming gníomhaíochtaí éagsúla ar fheirmeacha mar thacaíocht shóisialta do go leor cineálacha duine, amhail daoine faoi mhíchumas intleachtúil agus fisiciúil agus daoine a bhfuil fadhbanna acu le handúil. Ach páirt a ghlacadh i ngníomhaíochtaí laethúla ar fheirmeacha teaghlaigh, féadfaidh feabhas teacht ar fhéin-mheas, ar shláinte agus ar holláine daoine.

25. Cluichí Oilimpeacha Speisialta Chonnachta

Seoladh:

The Gateway Building
Páirc Gnó an Iarthuaiscirt
Cúil Mhuine
Sligeach

Mionsonraí Teagmhála:

Teileafón: 071 9118320
Ríomhphost: connaught@specialolympics.ie
Láithreán
Gréasáin: www.specialolympics.ie

Eagraíonn Cluichí Oilimpeacha Speisialta Éireann gníomhaíochtaí spóirt do leanaí, daoine óga agus daoine fásta faoi mhíchumas intleachtúil. Pléann siad le 16 spórt éagsúla amhail lúthchleasaíocht, cispheil, leadóg boird agus cadhcáil. Tá 60 club ar fud Chonnachta, roinnt acu i gCathair agus i gContae na Gaillimhe.

26. SupportMe

Seoladh:

Mionsonraí Teagmhála:

Ríomhphost: info@supportme.ie
Láithreán Gréasáin: www.supportme.ie

Tá faisnéis ar an láithreán gréasáin seo faoi sheirbhísí éagsúla in Iarthar na hÉireann amhail tacaíochtaí míchumais, oideachas agus oiliúint, meabhairshláinte agus andúil.

Is féidir teacht ar an bhfaisnéis sa leabhrán seo ar na láithreáin ghréasáin seo a leanas:

www.asiam.ie

www.citizensinformation.ie

www.disability-federation.ie

www.education.ie

www.Gaillimhchildcare.com

www.Gaillimhcitycouncil.ie

www.Gaillimhcountycouncil.ie

www.gtmtrav.ie

www.gcp.ie

www.hse.ie

www.localemploymentservices.ie

www.supportme.ie

www.welfare.ie

www.workplacereactions.ie



Nótaí

