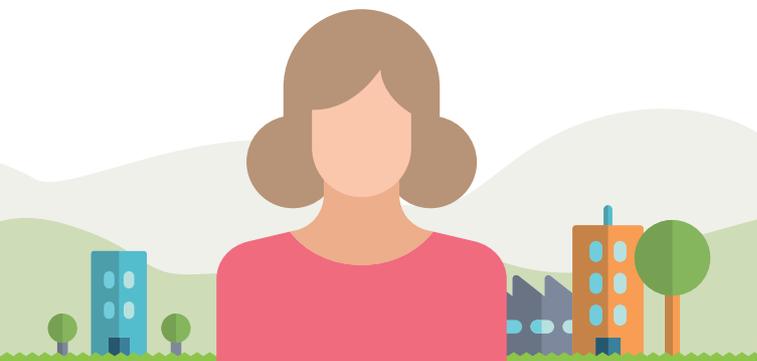


Does the Ability programme apply to all disabilities?



Yes. Ability can support you if you have:

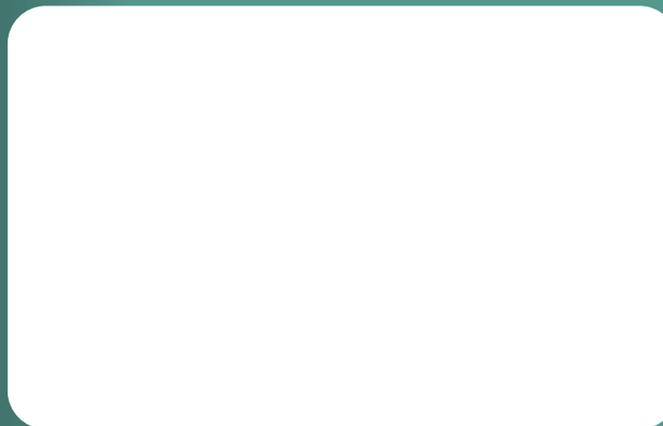
- ➔ a physical or sensory disability
- ➔ a mental health condition
- ➔ an acquired disability
- ➔ an intellectual disability
- ➔ a hidden disability like epilepsy
- ➔ been diagnosed as being on the autistic spectrum.

Where can I find out more about Ability?

The Ability programme is in 27 community, voluntary and not-for-profit organisations in different parts of the country.

It includes a mix of local, county, regional and national projects. Visit www.pobal.ie for a full list of Ability-funded projects.

Local contact details:



Ability is co-financed by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014–2020



Ag tacú le daoine óga atá faoi mhíchumas barr a gcumais a bhaint amach



Supporting young people with disabilities reach their potential

Supporting young people with disabilities to reach their potential

Are you:

- ➔ aged between 15 and 29,
- ➔ living with a disability, and
- ➔ interested in education, training or employment opportunities?

If yes, Ability may be able to help you!

What is Ability?



Ability is a programme that helps young people with disabilities improve their employment prospects.



If you would like to be in a paying job, Ability can help you achieve your goal.



Ability helps young people to find suitable education, training and employment.

It also encourages them to take part in community life.

What type of support is available?



If you take part in Ability, you will get support to help you. Examples of the type of support we might be able to give include:

-  information and advice,
-  support to develop your skills,
-  help to settle into a job,
- or
-  help to take part in activities in your community.

Ability will support you to:

-  feel more confident and independent,
-  move between different education, training and employment settings, and
-  take part in local community life.

How do I qualify for support under Ability?



You must be aged 15 to 29, have a disability and meet one of the following requirements:

-  You are getting a disability allowance, invalidity pension or illness benefit for more than three months; or
-  You are an existing service user or client of a disability organisation that has the Ability programme; or
-  You were referred by relevant organisations or services that support people with disabilities to one of the 27 organisations that has the Ability programme.