

Monaghan



Comhairle na nÓg

Young Voices. Local Issues.

HIDDEN DISABILITIES

Learn The Facts, Debunk The Myths, A More Inclusive Society

2019/2020



Youth Work Ireland
Cavan Monaghan






ACKNOWLEDGMENTS

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INTRODUCTION

Monaghan Comhairle na nÓg is a youth council which gives young people the opportunity to be involved in the development of local service and policies. Comhairle na nÓg gets young people's voices heard by working on youth issues/topics and acting as a consultative form.

Each year the Comhairle works on a 'key topic'. This year, 2019/2020, the youth council are working on the topic of Inclusion – Raising awareness on disabilities. As part of the project the group decided to focus some of their attention on 'Hidden Disabilities'. The following booklet will explain what a hidden disability is and it will identify some of the more common hidden disabilities. Myths and stereotypes will be debunked and famous faces who have lived with and excelled in life with a hidden disability will be highlighted.



WHAT IS A HIDDEN DISABILITY?



Hidden Disabilities refer to disabilities which may not be visible to see, but can have a major effect on people's lives. They can arise from conditions such as, Autism, ADHD and Dyslexia. Invisible disability, or hidden disability is an umbrella term that captures a whole spectrum of disabilities or challenges that are primarily neurological in nature. (1.)

This booklet will focus on the following hidden disabilities:

- 
- Anxiety
 - Autism
 - Dyslexia
 - Post-Traumatic Stress Disorder (PTSD)
 - Attention Deficit Hyperactivity Disorder (ADHD)
 - Depression
 - Dyspraxia



ANXIETY

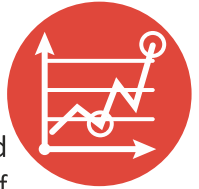
WHAT IS ANXIETY?

Anxiety is the feeling of fear or panic. Most people feel anxious, panicky or fearful about situations in life, such as money problems or exams but often once the difficult situation is over, you feel better and calmer. Sometimes the feelings of fear or anxiety continue after the difficult situation or sometimes you may feel a stronger sense of fear than other people and this is when anxiety becomes a problem and can affect you doing everyday things. (2.)



STATISTICS

The number of young people with anxiety in Ireland has increased significantly. The 'My World Survey 2' developed by UCD School of Psychology, in conjunction with youth mental health organisation Jigsaw was developed and carried out in 2019 to help build a picture of youth mental health in Ireland. The writers of the survey liaised with over 19,000 teenagers and young people aged between 12 and 25 years. They found that the number of young people with anxiety has doubled in the last seven years from carrying out 'My World Survey 1' in 2012. From the 10,459 secondary level young people spoken to, 22% stated experiencing severe anxiety. (3.)



MYTHS

“AN ANXIETY CONDITION IS NOT A REAL MEDICAL CONDITION”

There are a lot of people who can experience anxious feelings from time to time. It might be before a job interview, when you're running late for a flight or when you have an exam and are nowhere near finished studying. However, these are brief and can be considered natural experiences of anxiety that pass once the reason that has caused the stress (stressor) has been removed. Anxiety as a mental health condition occurs when these feelings are ongoing and are brought about without any reason or cause.(4.)



Difficult Roads
often lead to beautiful
Destinations

BE GENTLE WITH
YOURSELF YOU'RE DOING THE
BEST YOU CAN!

LOOK for something
POSITIVE in EVERY
Day, EVEN if some
days YOU have to
A little HARDER LOOK

everyday may
NOT be a Good
day BUT there is
GOOD in EVERYDAY ♥

Art work by young people from Clones Youth Club

CHALLENGING STEREOTYPES

'THEY ARE KNOWN FOR BEING ARROGANT'

A person with anxiety may avoid meeting others or attend different social events. This is not down to them being arrogant, but some people with anxiety may find it very difficult to be in social situations.



HOW CAN SOCIETY HELP?

- Society need to understand that anxiety is a human feature not a flaw.
- Try and offer support but don't take over
- Understand and familiarise yourself how anxiety manifests (5.)



FAMOUS FACE

SELENA GOMEZ

In 2016, she took a break from her career due to her anxiety and panic attacks.



MY STORY

BY NICOLE REAVEY

Hi my name is Nicole Reavey and I am almost 16, I suffer with anxiety when I am unsure of the places and people I'm not familiar with. I will constantly bite my finger nails until they bleed and I am so afraid of dogs, I don't know why I have these fear as nothing has ever happened to me.

In 2019 I got the opportunity to go to Lourdes with a Community Group, I had never met the people before that I was going to be travelling with, but they took the time to prepare me for what was ahead. We all met in Cavan a few weeks before we were to travel, a visit to our house was also arranged. I knew all the organisers, the nurse & the priest who would be helping me on the trip. A 'Social Story' was given to me with all information laid out and all the activities and places of interest, so I could be familiar with them and know the schedule. The organisers had detailed day to day what exactly I would be doing. I went on on my own, I was so proud of myself, so were my family. They couldn't believe that I had the confidence to do this. The trip was a success but during take-off and landing my ears popped so although I did enjoy the trip I was still anxious about the plane going home.





AUTISM

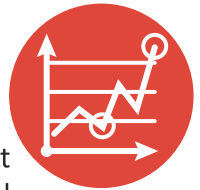
WHAT IS AUTISM?

AsIAM defines Autism as a complex, invisible condition which a person is born with. Autism is a neurodevelopmental condition which means that the way a person communicates, interacts and understands other people and the world, is different to those who do not have the condition. An autistic person will have a different understanding of the world, a different way of seeing the world and experience things differently to someone who is not on the spectrum. This presents an individual with challenges in areas that come naturally to others, but it can also present strengths and abilities due to that ability to think differently (6.)



STATISTICS

In Ireland, about 1 in every 100 people are born with Autism. It was also found that about 1 in every 65 of those attending school had been diagnosed with Autism (Study was carried out in 2016) Resulting in approximately 50,000 to 75,000 people in Ireland having Autism or on the Autism Spectrum. (7. 8.)



MYTHS

Autism only affects males: A common myth is that only males are on the autism spectrum. However, this is not the case as both males and females can be diagnosed with autism.



AUTISM AWARENESS DAY
takes place on 2nd April each year

CHALLENGING STEREOTYPES



'PEOPLE CAN'T COMMUNICATE WITH NON-VERBAL PEOPLE WHO HAVE AUTISM/ON THE SPECTRUM:'

There are many autistic people who are visual thinkers and find it easier to respond to signs and images when they interact with others. Those who don't use speech to communicate make use of a number of different approaches, such as Lámh. People with autism who are non-verbal have other opportunities to express themselves, these include artificial speakers on phones/tablets. These devices communicate words and sentences when users indicate icons onscreen. (6.)

HOW CAN SOCIETY HELP?



Over 99% of people have heard of autism, but only 16% of autistic people feel the public understand them. The National Autistic Society developed a campaign called "Too much information" Autistic people and their families responded to the campaign with the following five things they wanted society to understand - Autistic people;

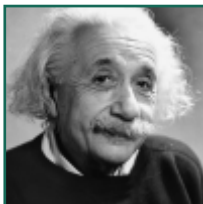
- Need extra time to process information
- Experience anxiety in social situations
- Experience anxiety with unexpected change
- Find noise, smells and bright lights disturbing
- Become overwhelmed and can experience a 'meltdown' or 'shutdown' (7.)

Pets can also help children with autism in many ways – They can provide companionship, friendship, reduce loneliness and alleviate anxiety

FAMOUS FACE

ALBERT EINSTEIN

Though autism did not become the mainstream diagnosis it is today until well into the 20th century, it is certainly not anything new. Many experts believe Albert Einstein had autistic characteristics and was on the autism spectrum. He had trouble socializing, he experienced severe speech delays and had the habit of repeating sentences to himself. (9.)



MY AUTISM

BY LILLY FAGAN

My name is Lilly Fagan. I am going to tell you about my Autism. I was born with autism and will always have autism. I couldn't talk until I was 4 years old. I had to go to a speech therapist when I was little; they helped me to learn how to speak. Some people with autism speak with an accent; I think I speak with an English and American accent.

When I was younger loud noises, the smell of some types of food and certain things I touched used to annoy me, the noise it would actually hurt my ears and I would scream if it was very loud and run away. Loud noises still annoy me but I have learned to cope. When I was little I only liked chocolate spread sandwiches for my lunch every day. I used to like sweet foods but now my taste has changed and I eat healthy food. I still don't like fruit.

Because I have autism I think differently to other children. Sometimes I find it more difficult than you to do certain activities, but I will keep trying. I have learned how to cycle a bike, swim, play piano and ride a horse so I am the same as most children only I think differently. I will always have to learn how to cope when I have autism.

I don't really play with others when I am on my break. I like watching others play. I like to talk but I find it challenging.

Sometimes I script when I am on my break. Scripting is when I remember a TV

programme I like in my head word for word, this helps me to relax and stay calm and keeps my mind off things. So when you see me talking to myself in the playground I am watching a TV programme in my head, which I think is pretty cool.

I am not different or weird or strange.
I am Lilly and I have autism.



Art work by Monaghan Comhairle na nOg for Autism Awareness Day 2020

MY STORY

BY DANIEL LEONARD

Hi! My name is Daniel. I am a ten year old boy and I love Currin GFC, Clones Town FC, Monaghan GAA, Liverpool FC, my family, friends and my dog Magoo (but not in that order!)

I was born at 32 weeks and spent some time in the Special Care Baby Unit in Cavan General. I went to Enable Ireland from I was 9 months old and have had physiotherapy, occupational and speech and language therapy pretty much ever since only now it's with the guys in the child development team.

My parents worried I would never walk (and me a footballer!), I took my first step aged 2 years, 2 months and nine days old on Valentine's day. I don't remember but with lots of exercises and a cow designed walker I was walking independently a year later.

I struggle with lots of things that my brothers and sister find easy, they are all younger so it is annoying that they are faster than me, can read and write better than me but I will always be the oldest and they have to go to bed earlier than me. They go on lots of sleepovers and playdates... the sleepovers make me sad... I am a big boy, I want to go on sleepovers. I go to my Nanny's or my cousin house but I wish I could go to friend's houses like they do.

I thought I had autism for a long time... not because anyone told me I did but I knew from mammy that I was special and I knew my friends in the autism unit were too. So I thought I was like them too but no I'm not like anyone else I know.

I struggle to communicate but I give it a good try! It's not nice when I have to keep repeating and repeating and repeating..... and sometimes, I admit, I give up. But I hate it when people nod and pretend they know what I said or even worse ignore me and pretend I didn't speak so they don't have to talk to me. It's really strange to me because it is usually Adults who do this and they are supposed to have *good* manners. Kids my age just say "what" or "I don't understand" and that's ok, then it's my choice whether I try again or leave it. I now have a communication devise that I use to help communicate, I get a bit embarrassed having a voice talk for me but I am getting a lot quicker and Daddy says to keep trying.

Mammy worries that I will fall through the cracks, not sure what she means but it doesn't sound good! I don't have a BIG diagnosis so she has to fight to get resources for me.

Sometimes I cry and can't get happy. Not sure why.

It helps to spend time with my dog Magoo she makes me feel happier, my Godfather got her for my birthday (best present ever, I can't wait until next year).

I love to play football, I know I am not fast, I get very tired and I don't see a lot of the ball but I am happy just to be with my team. Even though the coaches are tough!

I love to joke, laugh and play. I am happy to just be there – be it the football pitch, a birthday party or the park – Mammy says that's a special gift.

Jack McCarron is my favourite player then Mo Salah. Jack signs jerseys for me and I have beaten him at draughts!

I am going to be a firefighter when I go up.

Severe phonological disorder as well as receptive and expressive language difficulties, global developmental delay and an intellectual disability.

DYSLEXIA

WHAT IS DYSLEXIA?

There are many definitions of dyslexia. A simple definition would be that dyslexia is a specific learning difficulty which makes it hard for some people to learn to read, write and spell correctly. The Dyslexia Association of Ireland defines dyslexia as a specific learning difficulty affecting the acquisition of fluent and accurate reading and spelling skills. This happens despite access to appropriate learning opportunities. (10.)



STATISTICS

450,000 people in Ireland have dyslexia (1 in 10). On average, 3 children in every classroom have dyslexia. (10.)



MYTHS

'KIDS WITH DYSLEXIA JUST NEED TO TRY HARDER TO READ'

The brain functions differently because people with dyslexia rely more on the right hemisphere and frontal lobe of the brain, so when they read a word it can get delayed in the frontal lobe which increases the difficulty of the reading. (11.)



CHALLENGING STEREOTYPES

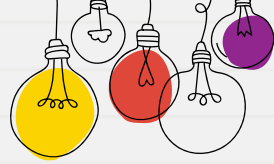
'DYSLEXIA IS A SIGN OF BELOW AVERAGE INTELLIGENCE' -

There is no association between dyslexia and intelligence. Children with dyslexia can experience greater to or equal academic success compared to their peers. 'If you have dyslexia you will not be successful' – People with dyslexia are often gifted in other fields such as music, art and engineering. Dyslexia does not define a person. (11.)



LIVING WITH DYSLEXIA

BY SHAUNA MC KENNA



Hi my name is Shauna and I'm going to write about my life and how I deal with my dyslexia. From a young age I struggled with writing, reading and mostly spelling. I would spend hours learning my spellings but as soon as I began the spelling test, my mind would go completely blank. This was frustrating because I was afraid my classmates would think I didn't try or care about my schoolwork, but truthfully I was trying so hard to keep up. I felt like I had so many amazing stories and ideas but I just couldn't put them into words. Being asked to write on the blackboard in school was my worst nightmare. Reading aloud made me super nervous as I struggled to pronounce words others would find easy. But then I started speech and drama when I was eight and this really did change everything. I was taught how to pronounce difficult words, speak aloud and how to act as confident as I could. I came up with other ways to learn, I usually draw pictures or make up little rhymes. I'm now 16 years old and I accept that I have dyslexia and I'm proud of everything I've achieved. I might have to try a little harder but that makes the reward so much greater.

LIVING WITH DYSLEXIA

BY JEANETTE MURPHY

Hello, my name is Jeanette and I have dyslexia. I struggled with spelling, grammar and writing ever since I was little and my 1st class teacher suggested I get tested for dyslexia and that is when I found out I had it. At the time I didn't really care about it but as time went on I began noticing I was behind compared to most of my classmates. I often found I had to work really hard and yet I'd still fall behind. This as a child often left me feeling discouraged and sometimes still does.

However, over the years I have found ways of coping with it, adapting the way I learn to make it more suited towards me. I learned how to plan out essays which makes them easier to write, I learned how to study using images, flashcards and even sometimes making the material into songs!

Although I still find school work more challenging at times, if given the choice to get rid of my dyslexia was given to me I would decline it. While yes there are negatives to dyslexia it is also important to focus on the positives. I believe dyslexia has played a role in improving my musical and artistic skills, made me more creative and helps me look outside the box.

Dyslexia does not define a person.”

HOW CAN SOCIETY HELP?

Dyslexia is legally recognised as a disability and people with dyslexia have the right to have their condition recognised and receive appropriate supports. Awareness about dyslexia is growing, more work is needed to achieve a truly dyslexia friendly society where all people with dyslexia are enabled to fulfil their potential. (10.)



- Don't judge a person based on their dyslexia
- Don't treat a person differently, they do not lack socialisation skills or lack intelligence
- Make alternative teaching methods in schools more available to students and suited towards the individual. 'Don't judge a fish on its ability to climb a tree' (12.)

FAMOUS FACE

TOM CRUISE

Overcame his dyslexia to become one of the most in-demand actors in Hollywood.



DYSLEXIA AWARENESS WEEK

takes place in October each year



POST-TRAUMATIC STRESS DISORDER (PTSD)

WHAT IS PTSD?

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder which you may develop after being involved in, or witnessing, traumatic events. The condition was first recognised in war veterans and has been known by a variety of names, such as 'shell shock'. But it's not only diagnosed in soldiers – a wide range of traumatic experiences can cause PTSD. **(13.)**



STATISTICS

It is estimated that nearly one third of those directly exposed to the violence on September 11 2001 went on to develop a PTSD. Nearly 5% of men and nearly 10% of women develop PTSD in their lifetime. PTSD is the fourth most common mental health problem in Ireland. **(14.)**



MYTHS

'EVERYONE WHO IS EXPOSED TO A TRAUMATIC EVENT DEVELOPS PTSD'

People respond differently to trauma and not everyone who experiences a horrific event will develop PTSD. Some people experience short-term symptoms, including insomnia, anxiety and depression following a traumatic event. Others may undergo post-traumatic growth, where a person who has been through trauma finds new meaning and purpose in life. **(15.)**



CHALLENGING STEREOTYPES

'ONLY SOLDIERS/ARMY PERSONAL CAN DEVELOP PTSD'

A lot of people think of war veterans when they think about PTSD. While the disorder does commonly affect veterans — estimates reveal that anywhere from 11 to 30 percent of soldiers can develop PTSD in their lifetime. PTSD can occur in people of any ethnicity, nationally, culture or age and it can occur in any other occupational groups. (15.)

HOW CAN SOCIETY HELP?

- **Do “normal” things:** things that have nothing to do with PTSD or the traumatic experience. Encourage participation in exercise or hobbies they enjoy.
- **Be patient:** Recovery is a process that takes time and often involves setbacks. The important thing is to stay positive and maintain support.
- **Educate yourself about PTSD:** The more you know about the symptoms, effects, and treatment options, the better equipped you'll be to help and support, understand what they are going through, and keep things in perspective (16.)

FAMOUS FACE

KEIRA KNIGHTLY

Keira Knightley revealed she was diagnosed with post-traumatic stress disorder PTSD at the age of 22, as she struggled with her sudden rise to fame. (17.)



MENTAL HEALTH AWARENESS WEEK

takes place in May time each year

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

WHAT IS ADHD?

Attention deficit hyperactivity disorder (ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness. Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's settings change, for example when they start school. Most cases are diagnosed when children are 6 to 12 years old. (2.)



STATISTICS

There are an estimated 60,000 children in Ireland have ADHD, however the true figure could be even higher than this, it has been claimed. (18.)



MYTHS

'ADHD AFFECTS ONLY BOYS'

Girls are just as likely to have ADHD as are boys, and gender makes no difference in the symptoms caused by the disorder. But because this myth continues, boys are more likely to be diagnosed than girls. (19.)



CHALLENGING STEREOTYPES

'INDIVIDUALS WITH ADHD CAN'T SIT STILL'

A common stereotype for people with ADHD is the belief that all people with ADHD are hyperactive and unable to sit still or concentrate for any length of time. In fact, many people with ADHD can concentrate for extended periods of time, depending on the level of their engagement with a task. (20.)



FAMOUS FACE

WILL.IAM

Will.i.am – The rapper Will.i.am said his music helps him deal with his ADHD.

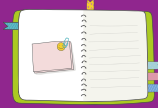
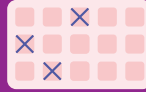


ADHD AWARENESS MONTH

takes place in October each year

STRATEGIES TO HELP STUDENTS WITH ADHD

**SCHEDULE TASKS AND WORK
BY USING PLANNERS/CALENDARS**



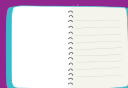
**TAKE NOTES AND/OR
KEEP A JOURNAL**

**USE A QUIET AND COMFORTABLE
SPACE TO WORK**



**SET CERTAIN GOALS
TO ACHIEVE**

**USE TIMERS FOR
WORK SESSIONS**





DEPRESSION

WHAT IS DEPRESSION?

Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. Depression can cause severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. (21.)



STATISTICS

According to Aware, depression is a very common condition which affects 1 in 10 people at any one time, 450,000 people in Ireland alone are diagnosed with depression. Any one of us, irrespective of age, gender or background can be affected. (22.)



MYTHS & CHALLENGING STEREOTYPES

SOME PEOPLE THINK DEPRESSION IS NOT A GENUINE HEALTH CONDITION

They're wrong. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together". The good news is that with the right treatment and support, most people with depression can make a full recovery. (2.)



'DEPRESSION ONLY AFFECTS WOMEN'

Due to social pressures and cultures a lot of men aren't comfortable discussing their feelings or asking for help. As a result, some people mistakenly believe that depression is a disease that only affects women. Women more commonly report symptoms of depression, but it can affect men as well. (23.)

HOW CAN SOCIETY HELP?



Depression can be a hidden disability but recognising the signs of depression can help. Depression has lots of possible symptoms. You may notice that someone:

- has lost interest in doing things they normally enjoy
- seems to be feeling down or hopeless
- has slower speech and movements or is more fidgety and restless than usual
- feels tired or doesn't have much energy
- is overeating or has lost their appetite
- is sleeping more than usual or isn't able to sleep
- has trouble concentrating on everyday things



THERE ARE A FEW WAYS YOU CAN HELP SOMEONE WHO IS FEELING DOWN:

- let them know you care and are there to listen
- accept them as they are, without judging them
- help them to stay active, eat good food and get a good night's sleep
- find support groups and psychological therapy services which may be available
- stay in touch with them by messaging, texting, phoning or meeting for coffee - people who are depressed can become isolated and may find it difficult to leave their home
- try to be patient
- take care of yourself (24.)

FAMOUS FACE

CATHERINE ZETA-JONES

In 2011 actress Zeta-Jones, 41, revealed that she has bipolar II disorder, which causes severe depression. (25.)



MENTAL HEALTH AWARENESS WEEK

takes place in May time each year



DYSPRAXIA

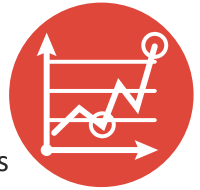
WHAT IS DYSPRAXIA?

Developmental Coordination Disorder (DCD), also known as Dyspraxia in the UK and Ireland, is a common disorder affecting fine and/or gross motor coordination in children and adults. The range of intellectual ability is in line with the general population. Individuals may vary in how their difficulties present; these may change over time depending on environmental demands and life experience, and will persist into adulthood. (26.)



STATISTICS

According to a survey carried out by Dyspraxia Ireland, it is estimated that Dyspraxia/DCD affects up to 8% of the population but due to its varied symptoms, it can often go undiagnosed. (26.)



MYTHS

'KIDS WITH DYSPRAXIA ARE JUST BEING CLUMSY':

Children with dyspraxia typically have trouble with motor skills. This might make them appear to just be clumsy or “out of sync” with their environment. Because of their dyspraxia, kids can have trouble controlling muscles. This includes small muscles, like the ones in their hands. This can make everyday tasks like writing and brushing their teeth a struggle. (27.)



CHALLENGING STEREOTYPES

'YOU DON'T LOOK LIKE THERE'S SOMETHING WRONG WITH YOU'

Dyspraxia is classed as an invisible disorder- this means that the majority of the challenges going on are internal and cannot be viewed from the outside. (28.)



HOW CAN SOCIETY HELP?

- Early recognition of dyspraxia - Children whose dyspraxia is identified at an early stage are less likely to have problems with acceptance by their peers and with lowered self-esteem. (29.)



FAMOUS FACE


DANIEL RADCLIFFE

Daniel Radcliffe the well-known Harry Potter actor has a mild form of dyspraxia. He recently offered some great advice to kids with dyspraxia, "Don't let it stop you, it has never held me back". (30.)



DYSPRAXIA AWARENESS WEEK

takes place in October time each year



The aim of inclusion is to embrace all people irrespective of race, gender, disability, medical or other need. It is about giving equal access and opportunities and getting rid of discrimination.

Inclusion plays a massive part within society. It is important to raise awareness for all types of disabilities; physical, intellectual or invisible/hidden.

“SEE THE ABILITY NOT THE DISABILITY”



USEFUL CONTACTS

<p>Enable Ireland 047 82238</p>	<p>Early intervention service to children aged 0-6 years with a developmental delay/disability/autism or features of autism and who require a team based service Cavan & Monaghan</p>
<p>Holy Family School (049) 555 2257</p>	<p>Special needs national school for pupils aged 4 to 18yrs Cootehill</p>
<p>HSE Early Intervention Team 047 82 238</p>	<p>Provides single therapies to children Physiotherapy , Speech and Language therapy</p>
<p>Errigal Truagh Special Needs Parents & Friends Ltd 047 87680</p>	<p>Providing training and work opportunities for people with intellectual disabilities in the Truagh area of North Monaghan</p>
<p>Monaghan Disability Network Facebook: Monaghan Disability Network</p>	<p>A network of people with/without a disability who advocate for disability rights and meet in Monaghan Integrated Development</p>
<p>National Federation of Arch Clubs Monaghan Branch 353(85) 8676134</p>	<p>A club to provide a social outlet for people with special needs. To develop their social skills, self-esteem and quality of life and provide support. Aimed at members aged 16+ yrs.</p>
<p>Monaghan Sports Partnership – Sport Inclusion Programme 042-9755126</p>	<p>The sports inclusion programme is a joint initiative between both Cavan and Monaghan Sports Partnership, launched in 2008 to assist in helping to address the imbalance in opportunities for people with disabilities to participate in sport and physical activity, which has become an important national goal. . The programme is overseen by an Inter-County Sports Inclusion Committee, which operates as a sub-committee of Monaghan Sports Partnership. Objectives of the programme:</p> <ul style="list-style-type: none"> • Sustainable Participation: To support sustainable participation opportunities for people with disabilities through the provision of quality initiatives, engaging with the existing clubs and the wider community. • Partnerships: To create effective partnerships to underpin the development of sustainable participation for people with disabilities in sport, fitness and physical activity. •Capacity Building: To encourage clubs and volunteers to support the participation of people with disabilities in sport, fitness and physical activity through the facilitation of training, information and awareness raising. •Awareness: To provide information and promote all opportunities for people with disabilities to participate in sustainable sport, fitness and physical activity at local, regional and national level.
<p>Special Olympics Facebook - Special Olympic Monaghan</p>	<ul style="list-style-type: none"> • Monaghan Special Olympics • Clones Erne East Special Olympics
<p>Cairde Activation Centre Ltd. 047 20948</p>	<p>Cairde Activation Centre is a day care centre for adults with intellectual disabilities which endeavours to advance the provision of a community based, high quality service which maximises the individuals's potential independence, active citizenship and community integration.</p>

USEFUL CONTACTS

<p>Cavan Autism Support Group 086 3540 899</p>	<p>Camps and activities for children and adults on the autistic spectrum in Cavan/Monaghan. We run camps during the school holidays, days out, Saturday club: play clay and music therapy, horse riding, parent support group meetings, coder dojo for members and siblings. Catering for ages 3-36yrs</p>
<p>Down Syndrome Centre North East covering Cavan Monaghan Louth and Meath 042 942 3181</p>	<p>The Down Syndrome Centre North East, C-TEK Carrickmacross is run by a group of volunteer parents who aim to provide subsidised essential services for children with Down Syndrome in the community.</p>
<p>Cavan Monaghan Down's Syndrome Association</p>	<p>Down Syndrome Ireland (DSI) is dedicated to being the primary source of information and support to people with Down syndrome, their families and the professional community, working towards an improved quality of life for our members along with a respect and acceptance of people with Down syndrome as valued members of Irish Society.</p>
<p>Monaghan SNAP (Special Needs Active Parents) Facebook: Monaghan Special Needs Active Parents.</p>	<p>SNAP is a parent led support group which was established in 2007 for all families of children with special needs in the Monaghan area. The group provide opportunities for children to focus on their abilities whilst supporting their needs. SNAP also organises courses for parents and monthly support drop in meetings in the Monaghan County Childcare Committee office. Currently supporting 60 families in the county.</p>
<p>Unique Parents support group clonesunique@gmail.com</p>	<p>Support group of parents with children who have additional needs. We aim to help each other with tips and advice we have accumulated through experience gained from our own children.</p>
<p>Parents and Friends of persons with an intellectual disability info@parentsandfriends.ie</p>	<p>The mission of Monaghan Parents and Friends is to promote the right of people with an intellectual disability and their families.</p>

REFERENCE/SOURCES

- (1) www.employerdisabilityinfo.ie
- (2) www.nhs.uk
- (3) www.dcu.ie
- (4) www.beyondblue.org.au
- (5) www.greatergood.berkeley.edu
- (6) www.asiam.ie
- (7) www.autism.org.uk
- (8) www.autism.ie
- (9) www.appliedbehavioranalysisprograms.com
- (10) www.dyslexia.ie
- (11) www.dyslexiaresource.org
- (12) www.prezi.com
- (13) www.mind.org.uk
- (14) www.st.particks.ie
- (15) www.iaffrecoverycenter.com
- (16) www.helpguide.org
- (17) www.bbc.com
- (18) www.irishhealth.com
- (19) www.adhdawarenessmonth.org
- (20) www.addhero.com
- (21) www.nimh.gov
- (22) www.aware.ie
- (23) www.healthline.com
- (24) www.hse.ie
- (25) www.health.com
- (26) www.dyspraxia.ie
- (27) www.understood.org
- (28) www.dyspraxialifemagazine.co.uk
- (29) www.dyspraxiafoundation.org.uk
- (30) www.dyspraxiakids.com

