



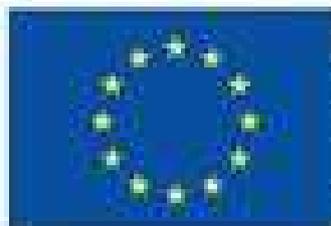
# Down Syndrome Ireland

ABILITY ONLINE



Ireland's European Structural and Investment Funds Programme 2014-2020

Co-funded by the Irish Government and the European Union



EUROPEAN UNION

Investing in your future

European Social Fund



An Roinn Gnóthaí Foisteacha agus Coláiste Sóisialaí  
Department of Employment Affairs and Social Protection



pobal

government supporting communities



Ability is always up at it! We're always here to support you in your journey. Supporting organisations with disabilities to reach their potential.



## Introduction

Down Syndrome Ireland are pleased to announce that the second round of the online version of their Ability Programme will run in January 2021. Adults with Down syndrome are offered the opportunity to study a range of topics from the DSI Adult Education Programme over a ten week course.

The students will be supported by an online teacher and have the opportunity to interact with other adults on the course via Zoom. An online version of this programme gives adults from every branch in Ireland the chance to take part in the programme.

This programme is funded by Pobal and is open to adults to Down syndrome aged between **18 and 29**.





## Down Syndrome Ireland - Ability Online

This ten week course focuses on ten different topics such as independence, conversation skills and life skills.

On enrolment you will be sent sign up forms.

After we receive the forms back DSI will send you a link to the programme.

The course is designed to be studied remotely.

You will work on online independent tasks.

During the week you will have:

One coffee club chat with other students over Zoom.

One Zoom call per week on the unit content

Support of the Ability Online Teacher

You will receive a certificate on completion of your course.

Unit 1	Conversation Skills	Unit 6	Relationships - differences between colleagues, friends and romance
Unit 2	How to live and work with Covid 19	Unit 7	Writing skills - postcards and letters
Unit 3	Boundaries and personal space	Unit 8	Reading in every day life
Unit 4	My Money	Unit 9	Politics and Me
Unit 5	Mental Well Being and Resilience	Unit 10	Independence, Decision Making and Life Goals



*I am so delighted to be a part of the Ability online group. I look forward to our Zoom sessions every week and now even more so as I am off work due to level 5 restrictions. I would highly recommend this programme to all young adults as it is a very different experience and there is so much to learn from the course but also from other likeminded people. It most definitely improves our skills in the areas of conversation, listening and IT. Well done Down Syndrome Ireland. (Conor Griffin, Kerry)*

## Entry Requirements

All courses are open to students with Down syndrome aged between 18 and 29.

Students are required to complete and submit Pobal forms prior to enrolment.

There is no minimum literacy requirement to complete the course however as you will be working remotely you may need support to complete some tasks. You will need access to the internet to take part.

The course is free to members of Down Syndrome Ireland.

For more information, please contact:

**Lisa Martin**

Head of Adult Education

[lisamartin@downsyndrome.ie](mailto:lisamartin@downsyndrome.ie)

**Aoife Gaffney**

Head of Employment

[aoife@downsyndrome.ie](mailto:aoife@downsyndrome.ie)

