2023-2024 STUDENTS WITH DISABILITES HANDBOOK



NCAD Students Union

 $-\Box \times$

A little book of resources for students with disabilities Made with love by: Disabilities PTO Bambi Buchanan and NCADSU

Smile





 $\square X$

Learning support

They are there for all our students diagnosed or not. Essay help, organizational skills, screening for neurodivergence, and more from our lovely team in learning support. you can book an appointment through email

Assistive Technology

AS is there to help you get a hold of the tools you need to succeed. From software to hardware they will assess what tools will best help you thrive in college. Contact learning support to see if you can avail of this service

Did you Know?

Screening can help identify the possibility of neurodivergence, this can help you get a referral for diagnosis from the GP!





 $\square X$

Councillor

The college has their own on campus counselling service to help when things get hard. In person appointments from Monday to Thursday during term. they are located on the second floor of the Harry Clarke building. Burn out is real so please if you need help contact our counsellor.

Access

 $\square \times$

They are the first point of contact for students with diagnosed disabilities. They also look after the college financial supports, such as SAF and laptop loans. For students coming into the college through the HEAR and DARE programs, you will be put in contact with access. For students coming into the college through different pathways with diagnosed disabilities, you can contact access and set up a meeting to see what aids and supports you can avail of whilst in college.

Did you Know?

Access offer volunteer roles for students throughout the year



Doctor

The college offers an off campus doctors service for all our students. They located at the Thomas Court medical centre and are available during term on Mondays and Fridays. The fee is €10 and you can both book and pay by card at the students information desk.

Nurse

 $\square \times$

The college also offers an off campus nursing service for all our students. Same location and price as the doctors. Available during term on Wednesdays. You must see the doctor first before booking an appointment with the nurse. you can both book and pay by card at the students information desk.

Did you Know?

Seeing a doctor early about your health can help mitigate further complications down the line



 $\square \times$

IT Support

IT support is there for everything IT related. They offer help with, student logins, email and general Tec support. They are open during term from 13:30 - 16:00 pop in or send them a email

Students Information Desk

They offer help to students around things like registration, Student IDs and signing welfare documents. They are open Monday to Friday 11:00-13:00 & 14:00 - 16:00 during term and Monday to Friday 11:00 - 13:00 in the summer time.

Did you Know?

There is a little bell at the students information desk, so if you don't see anyone at the desk you can just ding for help!



 $\square \times$

Career Guidance

They help students progress after college. You will see newsletters from them in you student email throughout the year listing job openings for different industries but they also offer in person help with things like writing a cv and cover letter, interview prep and promoting your self. They offer help to graduates up to 12months after graduation too.

Financial Supports

П

X

Both the college and the SU offer many financial supports to our students. The main college ones are the student assistance fund, child care support fund, 1916 bursary and a laptop loan. The SU offer the trans fund, hardship fund and small loans. The SU can also help connect and advise you if you are in financial trouble.

Did you Know?

The SU also offers Lidl vouchers to students in need



 $\square \times$

Students Union

The students union or SU for short is where all things student lives! We are all here to lend a helping hand and organize unreal events for all our wonderful students. We have our lovely pink room for you to hang out in too! You need any help at all or just a need a place to cry please come knock on our door or throw us an email.

Disabilities PTO

X

My name is Bambi (They/Them) and I am your happy little helper from the SU! I'm here to listen, support and advocate on your behalf to the college. If you are a student who identifies as having a disability and need help with anything shoot me an e-mail or if you see me on campus come say hey!

Did you Know?

PTO stands for part time officer, we are current students working in our free time for students





 $\square X$

SpunOut

SpunOut is a service for young people aged 16-25. Their website offers guides and information on mental health and wellbeing. You can also find a information live chat on there too for questions around things like accommodation, college grants ect. And if your feeling overwhelmed and need help right away they have a 24/7 free text line.

Jigsaw

П

X

A service for young people aged 12-25. They offer a range of supports to not only young people but to parents of children struggling with mental health. Their website offers online courses, informational guides and two different live chats. A 1:1 service with a clinician and a group chat for peer to peer support moderated by a clinician. They also offer in person support at their centres.

Did you Know?

Jigsaw offers courses and supports for friends of people going through mental health struggles



 $\square X$

Samaritans

Samaritans is a crisis support service for everyone. If you need help now call their 24/7 phone service. They offer slower response supports through email, letters and face to face at their centres. They also now offer a helpful self-help app for tracking your moods, tips and tools on how to cope and stay safe in a crisis.

Pieta House

X

Pieta House is a service for people who are feeling suicidal, engaging in self harm or have lost someone to suicide. They offer a therapist lead 24/7 phone and text line for people in crisis. Through their centres around the country they also offer free of charge counselling and intervention to anyone in need. No referrals are need to access their services just pick up the phone and they will look after you.

Did you Know?

Pieta House has a yearly run for fundraising called Darkness Into Light



 $\square X$

NiteLine

NiteLine is a volunteer ran phone service for students by students. They run the service during the night from 9pm to 2:30am. Peer to peer support for when things get though in college and you need someone who understands to talk to.

Minding Creative Minds

They're a service for everyone involved in the creative field. To them there is no problem too small, whether it's looking for financial, career or mental health advice and support they're there. They run a 24/7 phone and text line that will connect you with case manager, who's job is to listen, advise and match you with their most suitable service

Did you Know?

You could volunteer with Niteline at anytime during your college career.



 $\Box X$

GP

The college doctor or your own GP is an important person to see when you are struggling with mental health. They can help refer you to services, refer you for diagnosis and prescribe you medication to help ease the effects of mental health. If you are having countied mental health problems it's important to talk to your GP.

Emergencies

 $\square \times$

It is important to know when you must get emergency services involved. If you or someone close to you is in immediate danger, at risk of committing suicide or are no longer in control of themselves it is vital you contact emergency services or go to directly to A&E.

Did you Know?

There are tons of public services your GP can refer you to including counselling and assessment



 $\square X$

ASIAM

AsIAm is an autistic support and advocacy network. They offer peer support groups and social events for adults, Teens and parents of autistic children. They supply ID cards to help you let people know of your support needs in times you can't. They also have a information line you can contact for any questions related to autism or their services. Their phone line is open Monday - Thursday 10am - 3pm. You can also email Them anytime.

ADHD Ireland

 $\square \times$

As it says in the name ADHD Ireland is a support and advocacy network for people with ADHD. They offer support groups and social events for Adults, Teens and parents of ADHD children. Their website offers a bunch of resources for managing ADHD and a list of clinicians for diagnosis and treatment.

They also offer a support phone line you can contact, Monday - Friday 10 am - 1pm, it's for any questions related to ADHD or their services. You can also email!

Did you Know?

Our college is currently working with AsIAm to help create a more welcoming and supporting environment for students with autism



 $\square X$

ABI Ireland

ABI stands for Acquired Brain Injury. They are a support and advocacy network for people who have sustained brain injuries in Ireland. They offer supports like in home care, clubhouses, family supports and rehabilitation programs. Their website hosts lots of information on living and managing life with a brain injury. Some services are accessed through self referral and others through GP referrals. You can phone or email their national office for any enquires.

Brainwave

X

Brainwave or Epilepsy Ireland is a network for people with epilepsy. They provide a range of services including community resource officers, one to one supports, selfmanagement programmes, events and support groups. They also offer a helpful app to track seizures, identify potential triggers as well as many other features. For any questions or to get connected with a community resource officer you can contact their main office Monday - Friday 9am - 1pm and 2pm - 5pm

Did you Know?

For the Epilepsy Ireland's app go to their website and under the "Our Services" tab click on "Epilepsy Ireland Smartphone Apps" for more info and links to download



 $\Box \times$

NCBI

NCBI is a support network for the vision impaired and Blind. They offer a range of services for people dealing with blindness and vision impairment like Information, advice, emotional support, assistive technology and employment supports. Selfreferrals are welcome. To access services or for any questions you can phone their infoline or fill out their contact form on the website. Infoline is open Monday to Friday 9am - 5pm

Irish Deaf Society

X

The Irish Deaf Society is a support network for people with deafness or are hard of hearing. They offer a range of classes and workshops including ISL (Irish sign language) for both deaf/ hard of hearing and hearing people, Interview techniques and creative workshops. They can also connect you with Interpreters for both in person and online use.

Did you Know?

NCBI offers a counselling service catered to people with blindness and vision impairment.





Enable Ireland

Enable Ireland is a support network for people with physical disabilities. They offer services through their hubs operating throughout the country. Some of the services their hubs can provide is physio, AT support and training, development programs and advocacy. To find a hub near you or for more info visit their website, phone or email.

Irish Wheelchair Association

 $\square \times$

Irish Wheelchair Association is an organisation for people with physical disabilities. They offer a wide range of supports both at home and through their centres. Services include information and advice, assisted living, housing supports, outreach, mobility aids and more. To find your nearest centre or for more info visit their website, phone or email.

Did you Know?

The Irish Wheelchair Association run their own Gyms and sports clubs



 $\square X$

MS Ireland

MS Ireland is a support service for people with MS (Multiple sclerosis). They offer a wide range of services such as support groups, physio, symptom management sessions, financial assistance, social events and much more. They run an info line Monday - Friday 9.30am - 5pm. for more info and to find you nearest support centre vist the website, phone or email.

Down Syndrome Ireland

X

They are a support network for people with down syndrome. They provide a range of services through their centres such as various therapies, social programs, employment opportunities and much more! for more Information and to find your local branch you can visit their website, phone or email

Did you Know?

Roughly 9,000 people in Ireland have MS



 $\square X$

Employability

They're an employment support service for people with an illness, disability or mental health difficulty. They support people in gaining employment and also support integration into work too. They have a phone line for general enquires, you can request a call from a job coach on their website and to access the full service you will need a referral from your Local Intreo Office

AHead

 $\square X$

They are an information site for all people with disabilities. They provide a lot of informational resources for all things education and disabilities. They also have a handy tool called "AT Hive" that you can use to find assistive technologies suitable for your needs!

Did you Know?

AHead has a handy article on funding available to students with disabilities



 $\square X$

Jam Cards

Jam cards or "just a minute" cards are lovely looking cards for people who struggle with communication, need a little extra time and patients. There is both physical and digital versions and can be used on most public transport, shops with the banner in the windows and even in the college! Visit the website for more info or see the disabilities pto

"Please Offer Me A Seat" Cards

The "Please offer me a seat" cards and badges are for people who have both visible and invisible physical disabilities. They are made by TFI to be used on public transport to help sign post to others that you are in need of a seat on the bus, train ect. Visit the website for more details and locations for pick up.

Did you Know?

The disabilities officer will soon have Jam cards to give out in the college!



<u>College Supports</u>

- Learning Support: learningsupport@staff.ncad.ie
- Assistive Technology:

<u>assistivetechnology@ncad.ie</u>

• Councillor:

<u>counsellor@staff.ncad.ie</u>

• Access:

<u>access@staff.ncad.ie</u>

• Doctor and Nurse:

Visit the student information desk during open hours to book an appointment



<u>College Supports</u>

 Students Information Desk: <u>information@staff.ncad.ie</u>
<u>01 636 4200</u>
or visit in person, located just up
from the concourse and on the right

• IT Support:

itsupport@ncad.ie

Located just up from the

concourse and on the left (across

from the students info desk)

• Career Guidance:

careers@ncad.ie



<u>College Supports</u>

• Financial Supports:

<u>https://www.ncad.ie/students/su</u> <u>pport-services/financial-advice-</u> <u>and-support/</u>

• SU:

<u>ncadsu@gmail.com</u>

 Disabilities PTO: <u>sudisability@student.ncad.ie</u>



Mental Health Supports

• Spunout:

https://spunout.ie

Text **SPUNOUT** or **HELLO** to:

<u>50808</u>

- Jigsaw: <u>https://jigsaw.ie</u>
 - Jigsaw Dublin city -

<u>01 658 3070</u>

dublincity@jigsaw.ie

• Samaritans:

24 hour helpline - <u>116 123</u>

jo@samaritans.org

Freepost SAMARITANS LETTERS

https://selfhelp.samaritans.org



Mental Health Supports

• Pieta House:

24 hour helpline - <u>1800 247 247</u> Text **HELP** to <u>51444</u> Therapy Services - <u>0818 111 126</u> (open Monday - Friday 8am -9pm and Saturday 9am - 2pm)

• NiteLine:

<u>1800 793 793</u>

Minding Creative Minds:

<u>1800 814 244</u>

Text or WhatsApp **HI** to <u>087 369 0010</u>

(when you receive a response please mention "Minding Creative Minds")

• Emergencies:

Call - <u>112</u> or <u>999</u>



Neurological Disabilities Supports

• AslAm:

<u>0818 234 234</u>

<u>support@asiam.ie</u>

https://asiam.ie

• ADHD Ireland:

<u>(01) 874 8349</u>

info@adhdireland.ie

https://adhdireland.ie

• ABI Ireland:

https://www.abiireland.ie

01 280 4164

- hello@abiireland.ie
- Brainwave:

014557500

info@epilepsy.ie

https://www.epilepsy.ie



<u>Sensory Impairment Supports:</u>

• NCBI:

<u>1800 911</u>

https://www.ncbi.ie

• Irish Deaf Society:

<u>(01) 860 1878</u>

info@irishdeafsociety.ie

https://www.irishdeafsociety.ie



Physical Disabilities Supports:

• Enable Ireland:

<u>01 8727155</u>

hello@enableireland.ie

https://enableireland.ie

Irish Wheelchair Association:

01 818 6400

customercare@iwa.ie

https://www.iwa.ie



Miscellaneous Supports:

• MS Ireland:

<u>0818 233 233</u>

msinformationline@ms-society.ie

https://www.ms-society.ie

Down Syndrome Ireland:

01 426 6500

info@downsyndrome.ie

https://downsyndrome.ie



Miscellaneous Supports:

• Employabillity:

North Dublin Centre-

<u>01 8442700</u>

https://www.employabilitydublinnorth.ie

List of Organisations by region -

https://www.gov.ie/en/publication/28d5

<u>a6-list-of-employability-organisations/</u>

• AHead:

Main website -

https://www.ahead.ie/student

AT Hive -

https://www.ahead.ie/Discover-your-AT



Miscellaneous Supports:

• Jam Cards:

https://www.jamcard.org

• "Please Offer Me A Seat" Cards:

https://www.transportforireland.ie/pleas e-offer-me-a-seat-badge-card



Digital Copy

X

There is a digital copy of this handbook available with: selectable text for copy and pasting clickable links

> Find it at: https://www.ncadsu.ie

or Scan the QR code:



