

Does the WorkAbility Programme  
apply to all disabilities?

Where can I find out more about  
the WorkAbility Programme?



The **WorkAbility Programme** works with a wide range of disability and mental health diagnoses including:

- Learning Disabilities - Dyslexia, Dyspraxia
- Mental Health Conditions - Anxiety, Depression, Social Anxiety
- A.S.D.
- ADHD
- Sensory Processing Disorder
- Physical Disabilities
- Any Diagnosed Disability

The programme can support a range of other disabilities. If you think it might suit you, please contact us.



Youth Work Ireland

*Tipperary*

**Contact:**  
**Phone/WhatsApp/Email/Text**  
**or message us for a call back**

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Rialtas na hÉireann  
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government supporting communities

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Youth Work Ireland  
*Tipperary*

**WORKABILITY  
PROGRAMME**



**Supporting  
young people  
with disability diagnosis  
to reach their potential**

**ARE YOU?**

- Aged between 16 & 29?
- Living with a disability?
- Interested in education, training or employment opportunities?

## What is the WorkAbility Programme?

## What type of opportunities/ supports are available?

## WorkAbility Criteria Check List?



The WorkAbility programme will support you to access opportunities to improve your employment prospects through:

### TRAINING

- First Aid
- HACCP
- Safe Pass
- Manual Handling
- Barista

### EDUCATION

- If you want to return to formal education
- Applications to courses
- Applying for grants/funding
- Prep for course interviews
- Help with typing assignments
- Access to tutor support

### EMPLOYMENT

- CV Writing
- Volunteering
- Job Shadow /Work Experience
- Part-time/Full-time work opportunities
- Job Shadow Supports

### Opportunity & Support to:

- ▶ Access information & advice
- ▶ Develop your social skills
- ▶ Attend social events
- ▶ Meetings 1:1 & Group work
- ▶ Become more involved in your own community
- ▶ Feel more confident and independent
- ▶ Move between different education, training and employment settings.

### Are you?

1. Aged between 16-29 ☐
2. Have any diagnosed disability/mental health disorder. ☐
3. Interested in getting support in training, education or employment. ☐
4. Committed to attending the programme. ☐

### What you can expect:

- Bespoke, individualised support.
- Ownership of your own programme, to help develop your passion, at your pace.
- A supportive environment.

**If you are unsure of your eligibility, feel free to contact the WorkAbility Coordinator for more information.**