

## 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
- 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](http://www.pobal.ie) for a full list of Ability-funded projects.

For more information:

E: [ability@dcu.ie](mailto:ability@dcu.ie)  
[dcu.ie/ability](http://dcu.ie/ability)



## DCU Ability

Supporting young people with disabilities to reach their potential

Are you:

- aged between 18 and 29?
- with a disability, and
- Interested in education, training or work experience?

If yes, Ability may be able to help you!



DCU Ability is a joint partnership between Dublin City University and St Michael's House



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

## What is Ability?



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



If you are not in a paying job but would like to be, 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, to settle into a job, or 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 18 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

