



St. Joseph's Training Services



Come train with us!

*"What we thought was the horizon
of our potential, turns out to be only the foreground"*

Tom Roberts, Educator

Introduction

Ability West is contracted by the Health Service Executive to provide a Rehabilitative Training programme, this is subject to funding availability. Rehabilitative Training is provided by St Joseph's Training Services. The training is designed to meet the individual needs of each trainee and is person-centred. We offer a three year fulltime training service, to people with an intellectual disability, in a number of locations throughout Galway. Please check the back page of this leaflet for contact details of our overseeing centre.

What type of training do we offer?

Our training is QQI accredited and rehabilitative in focus. We offer a number of programmes, developed specifically for people with intellectual disabilities, which are designed to increase participant's independence in personal, social and work related skills. The programmes are HSE funded.

Where is the programme delivered?

The programme is mainly delivered within our centres, however certain elements of the training take place in the community.

Who can participate in the programme?

To begin training with us trainees should;

- Be over 18 years of age.
- Have an intellectual disability.
- Possess basic communication skills.
- Have expressed an interest in pursuing training.
- Have the potential to benefit from the programme.
- There is no fee payable to partake in our training.

(A person from outside Ability West's admissions criteria may be offered a placement for the three year period for access to the RT programme)

Our Training Programmes

The following is a brief outline of the QQI programmes we are accredited to deliver:

QQI Level 1- Certificate in General Learning "Towards a more independent me"

Subject Choice: Personal Safety, Personal Care, Using Technology, Food Choice and Health, Health Related Exercise, Relaxation Techniques.

QQI Level 1- Certificate in Communications "Communicating for Life"

Subject Choice: Listening & Speaking, Reading, Non-Verbal Communications, Writing, Computer Skills, Visual Art, Personal Decision Making.

QQI Level 2 - Certificate in General Learning "Further Steps in Independence"

Subject Choice: Data Handling, Reading, Personal Decision making, Listening & Speaking, Personal Safety, Personal Care, Computer Skills, Using Technology, Food Choice and Health, Health Related Exercise, Visual Art.

Participants are matched to programmes based on their individual preference, needs and ability.

Subject Choice may vary depending on centre location.

What else do we offer?

In addition to our QQI courses we also offer participants opportunities, some of which are centre dependent, to engage in activities such as work experience placements, stay safe relationships training, yoga, soccer, swimming, gym, gardening and social outings.

How long does training last?

The course is fulltime, Monday to Friday, 30 hours per week and is delivered over three years. Participants receive 30 days annual leave.

What will trainees gain by attending this course?

Possible outcomes include -

- Nationally recognised QQI certification
- Progress to further training/education
- Progress to suitable adult day services.
- Supported employment/Work Placements
- Health/Social gain

For further information on training and to check in what locations training is currently on offer, please contact:

St. Joseph's Training Centre,
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Galway, H91 HK31.

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