

Special Needs Programme

A practical evidence-based course for parents of adolescents with an intellectual disability

The Parents Plus Special Needs Programme has been developed in partnership with parents of adolescents with an intellectual disability and professionals working with families. This is the first programme of its kind developed in Ireland.

The focus of the programme is to support parents in managing issues that are common for families who are raising a teenager who has an intellectual disability.

Some of the topics included in this course are:

### For parents

* Understanding the journey of parenting a child with special needs
* Managing stress and looking after yourself as a parent
* Supporting brothers and sisters and family relationships
* Establishing good family routines
* Managing problem behaviours

### For adolescents

* Supporting good friendships and social opportunities
* Building self-esteem, confidence and independence
* Supporting teenager’s education and development
* Dealing with puberty, sexuality and relationships
* Preparing for future transitions and adulthood

If you are interested in attending the course please contact **[INSERT CONTACT]** or complete the form below, cut along the dotted line and return it to: **[INSERT NAME & DETAILS]**

|  |  |
| --- | --- |
| Name: |  |
| Contact Details: |  |
| Names and ages of all my children: |  |
| Person/ Organisation who referred me to this group: |  |
| I would like to attend the Parents Plus Special Needs Course: | YES / NO (please circle your choice) |
| My goals for attending are: |  |

*Cut here:*

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### Who should attend

The course is free to attend and is open to all parents and carers of adolescents with a mild, moderate or severe intellectual disability. Your teenager may also have an additional diagnosis such as:

* Autism Spectrum Disorder (ASD)
* Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD)
* A physical disability

We will meet all parents individually before the group starts.

### Course details

The course runs over 6 group sessions (each 2 1/2hours long) in the **via zoom**. Starting on **Tuesday 16th February** and finishing on **Tuesday 30th March**. Introductory appointments will be arranged on the week beginning **Monday 8th Febuary**