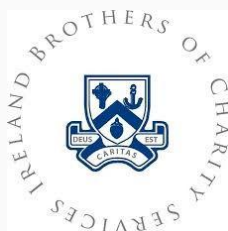


WHAT IS THE INDEPENDENT LIVING SKILLS COUNTY GALWAY PROJECT?

The Independent Living Skills, County Galway Project brings together voluntary disability organisations providing services for people with intellectual disabilities together with Galway Rural Development Company, GRD and Galway Roscommon Education Training Board, GRETB.

The project will provide:

- Training to people with intellectual disabilities on independent living skills.
- Support to family members, carers and staff.
- Training on how to deliver independent living skills.



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Bord Oideachais agus Oiliúna na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

GALWAY AND ROSCOMMON EDUCATION TRAINING BOARD, GRETB IS FUNDED BY:



THIS COURSE IS FUNDED BY:



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BASIC COOKERY FOR HEALTHY EATING 2020

PROJECT INFORMATION

AND COURSE OUTLINE



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Education and Training Board

INDEPENDENT LIVING SKILLS COUNTY GALWAY PROJECT:

Internationally, Article 19 of the UN CRPD looks at supporting people with disabilities to live independently and be supported in the community. National policy of Transforming Lives sees us moving away from services and supports delivered solely through organisations. We are working to ensure that people with disabilities have equal opportunity to live independently and be supported through community based, individualised supports.

The ILS Co.Galway Project hopes to bring these policies into life in a real way in the region:

- The course is being jointly coordinated by those voluntary disability organisations providing day to day support to people with intellectual disabilities.
- Training is delivered through the mainstream expert in community based adult education: the Education and Training Boards in Galway, Mayo and Roscommon.

- Training is facilitated directly through each Local Development Company of Galway, Mayo and Roscommon.

This is in some ways the most valuable piece of the project. Knowing your local development company can allow for a direct link to long term additional resources and term supports for you and your family. These companies cover broader areas of independent living supports including guidance on housing, further training and employment.

SPECIFIC LEARNING OUTCOMES:

Participants will come away with a stronger understanding of these seven key Learning Outcomes:

1. Personal Hygiene standards required when working in the Kitchen.
2. Introduction to the Food Pyramid and Healthy Eating.
3. Making the Healthy Choices.
4. Portion Control.
5. Shopping for ingredients including reference to costings.
6. Understanding of Nutrition and what are Calories.
7. Sugar in our diet.

THE KEY ROLE OF STAFF IN THE TRANSFER OF LEARNING:

- Try, where possible to ensure the same staff attend the course with participants to ensure continuity of support. Or, support handover to other staff each week the key points of each lesson for repetition at home.
- Support the learning from a distance— it's the specific request of tutors that where possible, support staff leave participants to attend training on their own to attend training. People are encouraged to remain near by in case of support needs.
- Ask questions, highlight suggestions, get involved! This is very much a pilot project which welcomes your input and ideas. We will be holding an introduction and review session and your input will be a key part of that.

All queries regarding the project are welcome:

Cathy McGrath

Project Manager

Disability Federation of Ireland, DFI

cathymcgrath@disability-federation.ie

086 384 7440