

WHAT IS THE INDEPENDENT LIVING SKILLS COMMUNITY HEALTHCARE WEST, ILS CHW PROJECT?

The Independent Living Skills, Community Healthcare West Project is a regional project covering Galway, Mayo and Roscommon. It gives a formal space to allow voluntary disability organisations providing services for people with intellectual disabilities to work together with each Local Development Company and Education Training Boards in the region.

The project will provide people with intellectual disabilities access to independent living skills training and supports within their local community.



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



INDEPENDENT LIVING SKILLS, COMMUNITY HEALTHCARE WEST PROJECT:

Internationally, Article 19 of the UN CRPD looks at supporting people with disabilities to live independently and be supported in the community.

Our 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 CHW 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. We hope people will find additional resources and long term supports with these key partners.

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:

As part of the project, the transfer of learning from the kitchen to the home is critical.

At the start of the project, your role as a staff member of support was recognised and valued with the following practical examples:

- Brief participants in advance of the introduction day, to understand the project, and prepare for the course.
- Flag any issues of practical concern around transport, PA support etc in advance.

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.

FURTHER PROJECT INFORMATION

All queries regarding the project are welcome:

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