



**Children's  
Disability  
Network  
Team**



# **Information for Parents & Carers**

## **2024**

**Social Protection  
Health Service Executive  
Education  
Housing  
Revenue**

**CHILDREN'S DISABILITY  
NETWORK TEAM  
CAVAN  
January 2024**

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**The information below is intended as a guide only. Payment rates on some allowances are on a graduated basis and qualifying conditions for each benefit and allowance needs to be reviewed on an individual basis with the agency responsible. Additional information on [www.gov.ie](http://www.gov.ie) or [citizensinformation.ie](http://citizensinformation.ie)**

### **Aids, Appliances and Assistive Technology**

Aids and appliances and assistive technology are recommended based on assessment of need i.e. wheelchairs, standing frames, walkers etc. Applications for funding are made to the HSE. **A child must have a medical card or long term illness card to receive the equipment for free *if* approval is given by HSE. If a child does not have either, parents /carers have to fund purchase.** VAT may be refunded for certain aids, appliances or assistive technology purchased by parents using Form Number: VAT 61A. Online or claim form with supporting documentation to Revenue Commissioners, FREEPOST, Central Repayments Office, M: TEK II Building, Armagh Road, Monaghan H18 YH59. Tel: 047 62100 (Option 6). Alternatively check if claim can be made with health expenses claim or via private medical insurer. The Department of Education may supply aids and appliances for use within the school environment.

### **Back to School Clothing & Footwear Allowance**

This is a means tested allowance intended to help pay the cost of children's school uniforms and footwear. The scheme is administered by the Department of Social Protection and operates from the start of June to the end of September each year. 2024 rates: Children 4—11 years €260; 12 years and over €385. [gov.ie/bscfa](http://gov.ie/bscfa)

### **Carer's Allowance (means tested)**

For parents looking after a child needing full time care & attention. Need to be eligible for Domiciliary Care Allowance if under 16 years. Maximum personal weekly rate for parent under 66 years is €248. Qualified child rate increasing to €42 for under 12 years and €50 for over 12 years in 2024

Recipients **may** be also entitled to Household Benefits package. Separate application when carer's allowance is approved. Apply to Dept. of Social Protection, Carers Allowance Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford (043) 334 0000 / LoCall 1890927770. Carer can attend work or training up to 18.5 hours per week but this must be cleared by the Department of Social Protection as most incomes must be assessed as means. A half rate Carer's Allowance may be paid to carers who are getting or are entitled to another social welfare payment provided they meet the general conditions for the Allowance.

The income disregard for Carer's Allowance will increase from €350 to €450 for a single person and from €750 to €900 for a couple. The capital disregard will increase by €30,000 from €20,000 to €50,000 (June 2024).

The period during which Carer's Allowance can be paid for children in hospital will be extended from 3 months to 6 months (January 2024).

### **Carer's Benefit**

Maximum personal weekly rate for parent under 66 years is €249 in 2024. Qualified child rate €42 for under 12 years and €50 for over 12 years. Insurance based benefit for people who need to leave employment to look after a child in need of full time care. Duration 24 months but does **not** have to be taken in one block. Carer may work up to 18.5 hours per week although there is a limit on this income and is subject to tax. Apply to Department of Social Protection, Carers Benefit Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford (043) 334 0000/0818927770

**Carer's Leave** legislation has been introduced to protect employment rights - separate application to employer [Carer's leave \(citizensinformation.ie\)](https://www.citizensinformation.ie) See your employer's carer's leave policy also.

Each parent **may** be eligible to apply for a carer's payment but not at the same time.

### **Carer's Support Grant (Respite Grant) €1850 in June 2024**

The payment is made regardless of the carer's means but is subject to certain conditions. Automatically paid if already in receipt of Carer's Allowance, Carer's Benefit, Domiciliary Allowance, Prescribed Relative Allowance. You do not qualify if you are working more than 18.5 hours per week outside the home, if you are taking part in an education or training course for more than 18.5 hours a week, if you are getting a jobseeker's payment or if you are signing on for jobseeker credits. [gov.ie/en/service/16220307-carers-support-grant/](http://gov.ie/en/service/16220307-carers-support-grant/)

### **Child Benefit Rates (Monthly)**

1 Child €140.00, 2 Children €280.00, 3 Children €420.  
Twins paid at 1.5 times the rate & all other multiple births double the rate.

### **Disability Allowance**

Disability Allowance (DA) is a weekly allowance paid to people with a disability. You can get DA from 16 years of age. You can get Disability Allowance even if you are in school. Personal rate €232 per week. Apply to Department of Social Protection, Disability Allowance Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford (043) 334 0000/0818927770  
[gov.ie/en/service/df6811-disability-allowance/](http://gov.ie/en/service/df6811-disability-allowance/)

### **Disabled Passengers**

Severely disabled persons who use a specially adapted motor vehicle for passengers & who meet certain criteria are entitled to:

- Exemption from VRT subject to maximums
- Refund of VAT on vehicle & adaptations
- Fuel Grant Form DD3
- Exemption from annual motor tax
- Exemptions from toll road fees

Step 1 has been to apply for a Primary Medical Certificate. Applications to Senior Medical Officer, Connolly Street, Cavan. Await outcome. Note includes medical assessment.

Step 2 Identify adaptations needed e.g. contact garage / seller. Step 3 Complete paperwork and forward to Disabled Drivers Section, Central Repayments Office, Revenue Commissioners, M: TEK II Building, Armagh Road, Monaghan (047) 62100 **Form DD1**. Individual Vehicle Approval Certificate required. Vehicle has to be purchased from an authorised dealer and kept for set period. Other conditions apply. See [revenue.ie/en/importing-vehicles-duty-free-allowances/guide-to-vrt/reliefs-and-exemptions/scheme-for-persons-with-disabilities.aspx](http://revenue.ie/en/importing-vehicles-duty-free-allowances/guide-to-vrt/reliefs-and-exemptions/scheme-for-persons-with-disabilities.aspx) and [www.iwa.ie](http://www.iwa.ie) for Motoring FAQs re purchase of new / second hand vehicles and eligibility for refunds / grants / exemptions.

### **Disabled Parking Permit Scheme**

Applies to disabled person, not adapted car. Vehicles displaying the permit are entitled to park in public car parking areas in parking bays for disabled persons. May be time limits. Some private car parks may charge. Available to people living in Ireland with a permanent disability, medical condition, severe mobility difficulties and to people who are registered blind, whether they are drivers or passengers. For children under 5 years write to Parking Section, National Mobility Centre, The Irish Wheelchair Association, Ballinagappa Road, Clane, Co. Kildare briefly outlining reasons (enclose SAE) or email [parkingcard@ddai.ie](mailto:parkingcard@ddai.ie) and they may send out application form to be completed. Online application [myiwa.microsoftcrmportals.com/first-time-permit-enquiry/](http://myiwa.microsoftcrmportals.com/first-time-permit-enquiry/) Costs €35. Valid for 2 years.

(045) 893094/893095. Also available from Disabled Drivers Association (094) 936 4054

**Domiciliary Care Allowance (DCA)** €340.00 per month  
DCA is a monthly payment for a child aged under 16 with a severe disability, who requires ongoing care and attention, substantially over and above the care and attention usually required by a child of the same age. It is not means tested. The child must be likely to require this level of care and attention for at least 12 months. For more information contact Domiciliary Care Allowance Section,

**DCA will be available for babies who remain in an acute Hospital after birth for a period of 6 months.**

Social Welfare Services, Department of Social Protection, College Road, Sligo 0719140303; Lo Call 1890 500 000 or local Social Welfare Office. [gov.ie/en/service/30fac9-domiciliary-care-allowance/](http://gov.ie/en/service/30fac9-domiciliary-care-allowance/)

Medical cards are now granted to all children receiving DCA. Separate application. Not means tested.

[Medical card for Domiciliary Care Allowance - HSE.ie](http://Medical card for Domiciliary Care Allowance - HSE.ie)

Postal registration form available on HSE website.

### **Drugs Payment Scheme**

Covers families and individuals for the cost of prescribed medication. Under the terms of the scheme, no individual or family will have to pay more than €100 (reducing to €80) in any calendar month for approved prescribed drugs, medicines and appliances. Apply online: [Apply for a Drugs Payment Scheme card - HSE.ie](http://Apply for a Drugs Payment Scheme card - HSE.ie) or postal applications to: Client Registration Unit, PO Box 12966, Dublin 11, D11 XFF3

**Free Preschool (ECCE)** Children can start in free preschool (15 hours per week) after they reach 2 years 8 months. Enrolment for September only. Usually for 2 years. Applications for additional support for children with special needs can be made by preschool service. See [aim.gov.ie](http://aim.gov.ie) or [cavanccc.ie](http://cavanccc.ie)

**Education -** [gov.ie](http://gov.ie) - [Department of Education \(www.gov.ie\)](http://Department of Education (www.gov.ie)) & [www.ncse.ie](http://www.ncse.ie)

Information on resources available for students with additional needs available on [ncse.ie](http://ncse.ie)

[College – HEAR DARE \(accesscollege.ie\)](http://College – HEAR DARE (accesscollege.ie))

[RACE Schools - State Examination Commission \(examinations.ie\)](http://RACE Schools - State Examination Commission (examinations.ie))

**School Transport** information including grants is available from School Transport Section, Department of Education & Science, Portlaoise Road, Tullamore, Co. Offaly (057) 9325466/7 & [gov.ie/en/service/school-transport/](http://gov.ie/en/service/school-transport/)

**Home Tuition** hours may be available to children if unable to attend school due to a medical condition or while waiting for an appropriate school placement. Application forms available on [gov.ie/en/service/d15f58-home-tuition/](http://gov.ie/en/service/d15f58-home-tuition/) or from Home Tuition Section, Department of Education & Science, Athlone N37X659 (090) 6484187 or email special.education@education.gov.ie

**July Tuition/Summer Programme** is also available for some children. Eligibility information available on [gov.ie/en/publication/a0e87-summer-provision-home-based-programme/](http://gov.ie/en/publication/a0e87-summer-provision-home-based-programme/)

**National Council for Special Education** website [ncse.ie](http://ncse.ie)  
National Council for Special Education, 1-2 Mill Street, Trim, Co. Meath (046) 9486400. See information booklets available for parents on this website - Children with Special Educational Needs, Choosing a School, Starting School. **It is important that parents link with Special Educational Needs Organisers to plan for school placements. Contact details on [Special Educational Needs Organiser \(SENO\) – National Council for Special Education \(ncse.ie\)](http://www.ncse.ie)**

**Employing a Carer** see [revenue.ie](http://revenue.ie)

You, your spouse or civil partner may claim tax relief if you employ someone to care for a family member who is incapacitated. Check website as there are many conditions attached. Tax relief is only available against income tax paid.

**European Health Insurance Card**

The European Health Insurance Card allows the holder to access health care services when travelling to other EU countries. Apply online [www.hse.ie](http://www.hse.ie) in person or by post. See [www2.hse.ie/services/ehic/ehic.html](http://www2.hse.ie/services/ehic/ehic.html)

**Home Carer's Tax Credits** see [revenue.ie](http://revenue.ie)

To claim the Home Carer Tax Credit you must care for a dependent person. You must also be married or in a civil

partnership and be jointly assessed for income tax. To qualify for the full tax credit the home carer's income must not exceed €7,200 in the tax year. Where the home carer's income is between €7,200 and €10,200 the tax credit is reduced. Apply on my Account. Maximum rate in 2024 is €1700. If your income is €10,600 or more during 2024 then you cannot claim the tax credit.

### **Housing Adaptation Grant for People with a Disability**

Grant for adaptation / extension of house to facilitate disabled person. Means tested. Does not cover full costs of renovation. Enquiries to Cavan County Council (049) 4378300/ Housing 0494378322 [Housing grants - Cavan County Council \(cavancoco.ie\)](#)

**Energy Upgrades for Eligible Homes** [seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes/](http://seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes/)

### **Incapacitated Child Tax Credit**

If you are the parent of a child who is “permanently incapacitated” you can claim an additional allowance of €3500. See criteria on [revenue.ie/en/personal-tax-credits-reliefs-and-exemptions/children/incapacitated-child-credit/index.aspx](http://revenue.ie/en/personal-tax-credits-reliefs-and-exemptions/children/incapacitated-child-credit/index.aspx) Requires form signed by medical practitioner.

### **Local Property Tax**

See guidelines on local property tax relief for disabled/incapacitated individuals on [revenue.ie](http://revenue.ie)

### **Long Term Illness Card**

Entitles child to free medication associated with illness. Also applies to aids and appliances. Disabilities / illnesses listed as eligible include Phenylketonuria, Hydrocephalus, Acute Leukaemia, Multiple Sclerosis, Cystic Fibrosis, Cerebral Palsy, Diabetes Mellitus, Muscular Dystrophies, Spina Bifida, Epilepsy, Diabetes Insipidus, Mental Illness (under 16 years) Haemophilia, Parkinsonism, Mental Handicap, Conditions arising from the use of Thalidomide. ADHD added. Download the application form from [www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html](http://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html)



**Medical Card** holders are entitled to free GP services, community services, dental services, hospital care and a range of other benefits. Also reduced prescription medicine costs. Means test applied but exceptional circumstances applications can be made.

**G.P Visit Card** If you have a GP visit card, you don't have to pay to see your doctor. You will have to pay for medicines and other services. If you have a medical card, you don't need a GP visit card. You qualify in much the same way as qualifying for a medical card except the income guidelines are higher. Children under 6 years who do not have a medical card are eligible to get a GP Visit card. Parents must apply for GP Visit Card. In **Budget 2022**, it was announced that free GP care will be extended to include children aged 6 and 7. Details to be announced. If you get **Carer's Benefit or Carer's Allowance** you can visit your GP for free. For medical or GP visit card apply online [ww.medicalcard.ie](http://ww.medicalcard.ie) / call 1800700700/ post the completed form to the National Medical Card Unit, PO Box 11745, Dublin 11, D11 XKF3. Medical Card and GP Visit Card holders aged under 70 years pay a charge of €1:50 per prescription item, subject to a monthly ceiling of €15 per person / family.

### **Medical Expenses IT 6—Claim via Tax Return Form on myAccount & MED 2**

If you are paying tax you may be able to reclaim health & medical expenses. Claims for tax relief must be made within 4 years after the end of the tax year to which the claim relates so if you haven't claimed for previous years you can still do so. A Guide to claiming Health/ Medical Expenses Relief (IT6) is available online on [revenue.ie](http://revenue.ie) - Personal Tax link. Qualifying health expenses include Physiotherapy, Educational Psychologists and Speech & Language Therapy costs. Doctors & consultants fees, drugs & medicines, Medical & other appliances. Children with permanent disabilities and life threatening illnesses – includes information on claiming travel expenses to hospital appointments, overnight accommodation, telephone expenses, hygiene products & special clothing.

See other categories also. If you have private health insurance check if you have cover for therapy expenses.

**Assistance dogs for adults and children**—If you require a trained service dog or assistance dog, you may claim €825 per year. You can use myAccount to claim this allowance.

### **Information on Cross Border Directive—healthcare abroad**

[hse.ie/eng/services/list/1/schemes/cross-border-directive/](https://hse.ie/eng/services/list/1/schemes/cross-border-directive/)

### **Mobility Aids Grant Scheme**

Scheme which provides grants for work designed to address mobility problems in the home. E.g. stair lift, grab rails, ramps etc. Cannot apply for both the Mobility Aids Grant Scheme and the Housing Adaptation Grant for People with a Disability. Maximum grant available €6,000. Means tested—household income of less than €30,000 per year. Application forms from Cavan County Council (049) 4378300/4358325. [housinggrants@cavancoco.ie](mailto:housinggrants@cavancoco.ie)

### **Nappies / Incontinence Supplies for children over 3 years.**

Contact your Public Health Nurse at local Health Centre to discuss criteria. Let Public Health Nurse know if you have Domiciliary Care Allowance, Medical Card or Long Term Illness Card.

### **National Childcare Scheme [www.ncs.gov.ie](http://www.ncs.gov.ie)**

This is the first ever statutory entitlement to financial support for childcare. It establishes an equitable and progressive system of universal and income-related subsidies for children up to the age of 15. This scheme provides financial support for parents towards the cost of childcare. Universal subsidies are available to all families with children between 24 weeks and 15 years of age. This subsidy is not means tested and provides €1.40 per hour towards the cost of a registered childcare place for a maximum of 45 hours per week, rising to €2.14 per hour in September 2024.

Income Assessed Subsidies are available to families with children aged between 24 weeks and 15 years. This subsidy is means tested and will be calculated based on your individual circumstances. Your rate will vary depending on your level of family income, your child's age and educational stage, and the number of children in your family.

### **Parental Leave**

Parental leave entitles parents to take unpaid leave from work to spend time looking after their children. You can take up to 26 weeks' parental leave for each eligible child before their 12th birthday or 16th birthday if your child has a disability. For criteria see [citizensinformation.ie/en/employment/employment\\_rights\\_and\\_conditions/leave\\_and\\_holidays/parental\\_leave.html](https://citizensinformation.ie/en/employment/employment_rights_and_conditions/leave_and_holidays/parental_leave.html)

### **Parents Leave & Parents' Benefit**

Parent's leave entitles each parent to 7 weeks' leave, increasing to 9 weeks from August 2024 during the first 2 years of a child's life, or in the case of adoption, within 2 years of the placement of the child with the family. Parent's Benefit is paid while you are on parent's leave from work if you have enough social insurance (PRSI) contributions.

### **Preschool support and Home Support**

Support in preschool should be discussed with your child's preschool service.

**Home Support** for children with disabilities is funded by HSE, Cavan/Monaghan Disability Services, application for same is subject to assessment by the HSE and if approved services that are provided vary, depending on individual needs. Please discuss with the Children's Disability Network Team for further details. If you have private health insurance check with your insurer if you have any cover for home nursing support.

### **Toll Bridges Disability Toll Exemption Scheme**

Started 3rd February 2020

See [www.dtes.ie](http://www.dtes.ie) or call 1800 11 55 00

## Local Contacts

### **Cavan County Childcare Committee**

(049)4365856

[www.cavanccc.ie](http://www.cavanccc.ie)

### **Cavan County Council**

(049) 4378300

[www.cavancoco.ie](http://www.cavancoco.ie)

**Cavan General Hospital** (049) 4376000

### **Citizens Information**

Cavan 0818 07 5200

Navan 0818 07 6150

### **Department of Social Protection**

Intreo Centre Cavan 0818405060

[gov.ie](http://www.gov.ie) - [List of Offices administering Supplementary Welfare Allowance \(SWA\) in Co Cavan \(www.gov.ie\)](#)

**Enable Ireland Cavan** (049) 4326990

[www.enableireland.ie](http://www.enableireland.ie)

### **Family Resource Centres**

*Focus Killeshandra* (049) 4364065 Mobile: 087 3964985

*Teach Oscail Cavan* (049) 4372730

[www.facebook.com/teachoscailfrc/](http://www.facebook.com/teachoscailfrc/)

Services may include:

Support, advice and information

Parents Groups

Parent Courses

Women's Group

Parent & Toddler Group

Drop in Support Services

Counselling Services / Play Therapy / Art Therapy

## HSE

Child & Adolescent Mental Health Services Cavan  
(049) 4378920

Local Health Office, Lisdarn, Cavan (049) 4361822  
Cavan / Monaghan Primary Care Children's Services  
(Ballybay) 042 9679870

Primary Care Ballyjamesduff (049) 8546259

Primary Care, Connolly Street, Cavan (049) 4378900

Primary Care, Drumalee, Cavan (049) 4353100

Primary Care Cootehill (049) 5552555

Primary Care Killeshandra (049) 4353167

Primary Care, Virginia (049) 8546222

HSE National Information Line 1850 24 1850

## Parenting Cavan 087 7529948

Facebook@parentingcavan

See for Parents Plus Programmes details

Early Years Programme (0—6 Years)

Children's Programme (6—12 Years)

Adolescent Programme (Age 11+)

Special Needs Programme (Older child or adolescent)

**Tusla Child & Family Agency Cavan** (049) 44369801

## Websites

- **ADHD Information** [adhdireland.ie](http://adhdireland.ie)
- **Assistive Technology / IT** [assistireland.ie](http://assistireland.ie)
- **Autism Information including ID Card** [asiam.ie](http://asiam.ie)
- **Autism Northern Ireland** [autismni.org](http://autismni.org)
- **Budgeting Advice** [mabs.ie](http://mabs.ie) Abhaile - free mortgage arrears support
- **Cavan Autism Parents Support Group (CAPS)** [capssupport.ie](http://capssupport.ie)
- **Centre for the Deafblind** [annesullivan.ie](http://annesullivan.ie)
- **Cerebral Palsy Information** [scope.org.uk](http://scope.org.uk)
- **Cinema** [dimensions-uk.org/support-services/autism-care/autism-friendly-screenings](http://dimensions-uk.org/support-services/autism-care/autism-friendly-screenings)
- **Contact a family** [cafamily.org.uk](http://cafamily.org.uk)

- **Contact other parents** [snapireland.net](http://snapireland.net);  
[rollercoaster.ie](http://rollercoaster.ie); [autismmammy.com](http://autismmammy.com); [littlepuddins.ie](http://littlepuddins.ie)
- **DCA Warriors** [facebook.com/groups/dcawarriors](https://facebook.com/groups/dcawarriors)
- **Deafhear** [deafhear.ie](http://deafhear.ie)
- **Developmental Coordination Disorder (DCD)**  
[dcd.canchild.ca](http://dcd.canchild.ca)
- **Down Syndrome Centre North East**  
[downsyndromecentre.ie](http://downsyndromecentre.ie)
- **Down Syndrome Ireland** [downsyndrome.ie](http://downsyndrome.ie)
- **Down Syndrome Support Cavan**  
[facebook.com/Down-Syndrome-Support-Cavan](https://facebook.com/Down-Syndrome-Support-Cavan)
- **Enable Ireland** [enableireland.ie](http://enableireland.ie)
- **Energy Upgrades for Eligible Homes** [seai.ie/  
grants/home-energy-grants/free-upgrades-for-eligible-homes/](http://seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes/)
- **Helpline for Parents** [parentline.ie](http://parentline.ie) 1890 927 277
- **HSE** [hse.ie](http://hse.ie)
- **Irish Association for Spina Bifida & Hydrocephalus** [sbhi.ie](http://sbhi.ie)
- **Epilepsy Ireland** [epilepsy.ie](http://epilepsy.ie)
- **Guide to pregnancy, baby & toddler health**  
[mychild.ie](http://mychild.ie)
- **Informing Families on their child's disability**  
[informingfamilies.ie](http://informingfamilies.ie)
- **Irish Premature Babies**  
[irishprematurebabies.com](http://irishprematurebabies.com)
- **Irish Wheelchair Association** [iwa.ie](http://iwa.ie)
- **Jack & Jill Foundation** [jackandjill.ie](http://jackandjill.ie)
- **Middletown Centre for Autism**  
[middletownautism.com](http://middletownautism.com)
- **Muscular Dystrophy Ireland** [mdi.ie](http://mdi.ie)
- **National Education Centre for Blind Children**  
[childvision.ie](http://childvision.ie)
- **National Autistic Society UK** [autism.org.uk](http://autism.org.uk)
- **National Council for the Blind** [ncbi.ie](http://ncbi.ie)
- **National Council for Special Education** [ncse.ie](http://ncse.ie)
- **National Disability Authority** [nda.ie](http://nda.ie)
- **Special Education Support Service** [sess.ie](http://sess.ie)
- **Unique -The Rare Chromosome Support Group**  
[rarechromo.org](http://rarechromo.org)
- **Wide range of topics** [citizensinformation.gov.ie](http://citizensinformation.gov.ie)

## Information on other services

### Abuse, Violence & Victim Support

Where to find help [safeireland.ie](http://safeireland.ie)

[Rape Crisis](#) North East, Dundalk, Louth 042 9339491

Helpline: 1800212122

[Women's Aid Dundalk](#), Louth 24 hour Helpline:

0429333244

Refuge: 0429333244

Women's Aid National Freephone Helpline 1800 341 900

[Tearmann Domestic Violence Services](#) Monaghan/Cavan

047 72311 [tearmann.net](http://tearmann.net)

[Amen Services](#) for male victims of domestic abuse, Navan, Co Meath 046 9023718 [amen.ie](http://amen.ie)

[Support after Homicide](#) 087-9837322/1800852000

[HSE National Counselling Service \(Rian\)](#) Freephone:

1800234117 Phone: 046 9067010/049 4377111

[hse-ncs.ie](http://hse-ncs.ie)

### Addiction

[HSE Drugs & Alcohol Helpline](#) 1800 459 459 [drugs.ie](http://drugs.ie)

[drinkaware.ie](http://drinkaware.ie)

[Cavan & Monaghan Drug & Alcohol Service](#), Merchants

Quay Ireland, ACOT House, Drumnahanagh, Farnham

Road, Cavan 049 4379160 [info.cavan.monaghan@mqi.ie](mailto:info.cavan.monaghan@mqi.ie)

[Monaghan and Cavan Youth Substance Support](#)

[\(MaCYSS\)](#) [alcoholforum.org](http://alcoholforum.org) Tel: 074 9125596 | Mobile 085 7442857

[Family Addiction Support Network Northeast](#) 087 9046405

[fasn.ie/0429355251](http://fasn.ie/0429355251)

[Narcotics Anonymous](#) 086 8629308/ 016728000

[na-ireland.org](http://na-ireland.org)

[Smoking Cessation](#) [quit.ie](http://quit.ie)

[Alcoholics Anonymous](#) 01 8420700

[alcoholicsanonymous.ie](http://alcoholicsanonymous.ie)

[Al-anon](#) 081783624 [al-anon-ireland.org](http://al-anon-ireland.org)

[Gamblers Anonymous](#) 01 8721133 / 087 7485878

[gamblersanonymous.ie](http://gamblersanonymous.ie)

### Advocacy

[Leap Ireland](#) [leapireland.com](http://leapireland.com) 087 6130165

[Family Carers Ireland](#) 1800 24 07 24 [familycarers.ie](http://familycarers.ie)

**Irish Patients' Association** Providing Independent Patient Advocacy since 1995 24 Church Road, Ballybrack, Co. Dublin [irishpatients.ie](http://irishpatients.ie) Phone: 01 272 2555 Phone: (emergency) 087 659 4183

Email: [info@irishpatients.ie](mailto:info@irishpatients.ie)

**Irish Advocacy Network** Peer advocacy services for people who have experienced mental health difficulties c/o The Health Care Unit, Rooskey, Monaghan, Co. Monaghan Phone: 047 38918

Email: [admin@irishadvocacynetwork.com](mailto:admin@irishadvocacynetwork.com)

**Cairde Community** development organisation, working to tackle inequalities among ethnic minority communities 19 Belvedere Place, Dublin 1 [cairde.ie](http://cairde.ie) Phone: 01 855 2111

**EPIC** An independent association that works throughout the Republic of Ireland with and for children and young people who are currently or who have experienced living in community care settings 7 Red Cow Lane, Smithfield, Dublin 7 [epiconline.ie](http://epiconline.ie) Phone: 01 872 7661

**Pavee Point** Non-governmental organisation committed to the promotion and realisation of Travellers Human Rights 46 North Great Charles St., Dublin 1 [paveepoint.ie](http://paveepoint.ie) Phone: 01 878 0255 Email: [info@paveepoint.ie](mailto:info@paveepoint.ie)

**National Advocacy Service for People with Disabilities.** The National Advocacy Service for People with Disabilities provides an independent, confidential and free, representative advocacy service. The service is funded and supported by the Citizens Information Board. Hainault House, Tallaght, Dublin 24 [citizensinformationboard.ie/services/advocacy\\_services/](http://citizensinformationboard.ie/services/advocacy_services/)

Phone: 0818073000

Email: [info@advocacy.ie](mailto:info@advocacy.ie)

**Inclusion Ireland** is a national organisation advocating for the rights of people with an intellectual disability. It provides an independent advocacy service to people with an intellectual disability and their families. Unit C2, The Steelworks, Foley St, Dublin 1 [inclusionireland.ie](http://inclusionireland.ie) Phone: 01 855 9891 Email: [info@inclusionireland.ie](mailto:info@inclusionireland.ie)



## **Camps**

[Barretstown](http://barretstown.org) 045 864115 barretstown.org

Residential camp for children with a serious illness. Other camps for siblings, bereaved families.

## **Carers Support**

[Family Carers Ireland](http://familycarers.ie) 1800 24 07 24 familycarers.ie Family Carers Ireland is a representative body for family carers in Ireland.

As a family carer for €20 per year you can become a member & gain access to discounted deals and offers.

Cavan/Monaghan 042 9611599

[Disability Federation of Ireland](http://disabilityfederation.ie) 01 4547978

[Informing Families](http://informingfamilies.ie) 091 792316 informingfamilies.ie

[Ronald McDonald House](http://ronaldmcdonaldhouse.ie) 01 4560435 rmhc.ie

## **Children & Youth Support Services**

[ISPCC / Youth Work Ireland Bounce Back Youth Service](http://ispcc.ie)

Cavan 087 7684757

[youthworkireland.com](http://youthworkireland.com)

[ispcc.ie](http://ispcc.ie) Monaghan ISPCC 04775860

[ISPCC Childline](http://ispcc.ie) 1800 666666 Text Talk to 50101

[Teen Line](http://teenline.ie) 1800 833 634

[Foroige Cavan/Monaghan](http://foroige.ie) 086 388 0717 foroige.ie

[Youth Advocacy Ireland \(YAP\)](http://youthadvocacyireland.ie) Cavan/Monaghan

049 4365006 [yapireland.ie](http://yapireland.ie)

[CYPSC](http://cypsc.ie) Cavan/Monaghan 0873494714

## **Complex Care**

[The Jack and Jill Children's Foundation](http://jackandjill.ie) 045 894538/660

[jackandjill.ie](http://jackandjill.ie)

[LauraLynn Children's Hospice](http://lauralynn.ie) 01 2893151 lauralynn.ie

[Irish Hospice Foundation](http://hospicefoundation.ie) 01 679 3188 hospicefoundation.ie

[Ronald McDonald House](http://ronaldmcdonaldhouse.ie) 01 4560435 rhmc.ie

## **Counselling**

[Counselling in Primary Care \(CIPC\) Counselling](#) is a service for people with mild to moderate psychological difficulties. It is a short term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited counsellor/therapist. It is a service for medical card holders, who are 18 years of age and older with psychological problems that are appropriate for time limited counselling in primary care. You can access this by speaking to your GP, local primary care team or health service professionals.

[National Counselling Service](#) The HSE National Counselling Service welcomes calls from adults who have experienced abuse in childhood. HSE Dublin North East (Navan, Cavan, Louth & Monaghan)  
Freephone 1800 234 117

[Family Resource Centres](#) offer counselling service  
31 Church Street, Cavan 049 4372730  
info@teachoscaifrc.ie  
Killeshandra 049 4364065 focusfrc@gmail.com

[HSE Primary Care Psychology Service](#)

[The Psychological Society of Ireland](#) psihq.ie

[National Association for Pastoral Counselling & Psychotherapy](#) napcp.ie

[Accord](#) relationship counselling 049 4375004 accord.ie

[Irish Association for Counselling & Psychotherapy](#) iacp.ie  
counsellingdirectory.ie

[Family Carers Ireland](#) familycarers.ie

[Travellers Counselling Service](#) Dublin 086 3081476

## **Education**

[Department of Education & Skills](#)

[gov.ie/en/organisation/department-of-education/](http://gov.ie/en/organisation/department-of-education/)

[National Educational Psychological Service](#)

[gov.ie/en/service/5ef45c-neps/](http://gov.ie/en/service/5ef45c-neps/)

[National Council for Special Education](#)

[ncse.ie](http://ncse.ie) 01 603 3200

[Visiting Teacher Service](#) [ncse.ie/visiting-teachers](http://ncse.ie/visiting-teachers)

[National Parents Council](#) [npc.ie](http://npc.ie) 01 887 4034

## **Equality or Discrimination**

[Irish Human Rights & Equality Commission](#) [ihrec.ie](http://ihrec.ie)

01 858 9601

[Office of the Ombudsman](#) [ombudsman.ie](http://ombudsman.ie) 01 6395600

## **Farm & Rural Stress**

[Farm & Rural Stress Helpline](#) 1800 742 645 / 049 4368200

## **Financial Advice / Support**

[Money Advice & Budgeting Service \(MABS\), Cavan](#)

Tel: 0818 072410 [mabs.ie/offices/cavan-mabs/](http://mabs.ie/offices/cavan-mabs/)

[Mortgage Arrears Support](#) [mabs.ie/abhaile/](http://mabs.ie/abhaile/)

[Citizens Information](#) [citizensinformation.ie](http://citizensinformation.ie)

Cavan Office: Ground Floor, Elm House, Elm Bank, Cavan

Tel: 0818 075200

[Department of Social Protection](#), Cavan Intreo Centre,

Dublin Road, Cavan Phone: (049) 437 9695 [gov.ie/intreo](http://gov.ie/intreo)

Find your local Community Welfare Office [gov.ie/en/](http://gov.ie/en/)

[collection/cb07d7-supplementary-welfare-allowance-swa-list-of-offices-administering-swa/](#)

## **Grants / Financial Support for Families**

[Aoibheann's Pink Tie](#) [aoibheannspinktie.ie](http://aoibheannspinktie.ie)

[Cliona Foundation](#) [clionas.ie](http://clionas.ie)

[St Vincent de Paul](#) North East & Midlands Region 041

9873331 Freephone 1800 677 777 [svp.ie](http://svp.ie)

[Sophie's Journey Foundation](#) [sophiesjourney.com](http://sophiesjourney.com)

[The Hospital Saturday Fund](#)

[hospitalsaturdayfund.org/apply-for-a-grant/](http://hospitalsaturdayfund.org/apply-for-a-grant/)

[Variety The Childrens Charity](#) [varietyireland.org](http://varietyireland.org)

## **Food Banks Cavan**

via Cavan County Local Development 049 433 1029

## **Further Education & Training**

[Cavan & Monaghan Further Education & Training Board](#)

cmetb.ie info@cmetb.ie 049 4331044

## **Housing & Homelessness**

[Cavan County Council](#) 049 4378300 cavancoco.ie

[St. Vincent de Paul](#) North East & Midlands Region,

Drogheda, Co. Louth 041 9873331

Freephone 1800 677 777

## **Legal / Mediation**

[Legal Aid Cavan](#) 049 433 111 0/ 087 914 2046 le-

galaidboard.ie

[FLAC](#) (Free Legal Advice Centre) 0761 076230 Locall

1890 350 250 flac.ie 019061010

[Family Mediation Service](#) 01 8747446 Athlone

0906474694

## **LGBT Services Cavan**

Cavan & Monaghan Rainbow Youth Email: info@camry.ie

Phone: **087 219 3904** Text **LGBT+ to 50808**

[Outcomers](#), Dundalk, Co. Louth www.outcomers.org

042 9329816

[BeLonG To](#) belongto.org 01 6706223

[LGBT Ireland](#) 1800 929 539 info@lgbt.ie lgbt.ie

Transgender Family support Line 01 907 3707

## **Loss / Bereavement**

[Anam Cara](#) 01 4045378 anamcara.ie

[Barnardos Children's Bereavement Service](#)

01 4732110 barnardos.ie

[Cavan Family Resource Centre](#) Main St Cavan

049 4372730 email: info@cfric.ie

[Feileacain](#) 085 2496464 feileacain.ie

[First Light](#) Tel: 1850 391 391 firstlight.ie

[Rainbows Ireland](#) 01 4734175 [rainbowsireland.com](http://rainbowsireland.com)

[SoSad](#) 26 Bridge street, Cavan 049 4326339 sosadcav-

an@gmail.com

[Support after Homicide](#) 0861272156/1800852000

## **Mental Health**

[Aware](http://aware.ie) 1800 80 48 48 [aware.ie/016617211/05240361](http://aware.ie/016617211/05240361)

[Grow In Ireland](http://grow.ie) [grow.ie](http://grow.ie) 0818 474 474

Support: 01 8408236

[Mental Health Ireland](http://Mental Health Ireland) Cavan & Monaghan 087 3586723

Free text 50808

[Shine North East](http://Shine North East) 086 8525422 [shine.ie](http://shine.ie)

[Irish Advocacy Network](http://Irish Advocacy Network) 01 8728684

[irishadvocacynetwork.com](http://irishadvocacynetwork.com)

[Bodywhys](http://Bodywhys) 1890 200 444 [bodywhys.ie](http://bodywhys.ie)

[SOSAD](http://SOSAD) Cavan 049 4326339 [sosadireland.ie/](http://sosadireland.ie/)

[Samaritans](http://Samaritans) 116 123 [www.samaritans.org](http://www.samaritans.org)

[Pieta House](http://Pieta House) Freecall 1800247247 Text HELP to 51444

[Suicide or Survive \(SOS\)](http://Suicide or Survive (SOS)) 1890577577

[Child and Adolescent Mental Health Services \(CAMHS\)](http://Child and Adolescent Mental Health Services (CAMHS))

049 4378920 Referral via GP

[Adult Mental Health Service Cavan](http://Adult Mental Health Service Cavan) 049 4353145

## **Mens Support**

[Irish Men's Sheds Association](http://Irish Men's Sheds Association) 01 8916150

[menssheds.ie](http://menssheds.ie) for local contacts

## **Parenting**

[Multiple Births](http://Multiple Births) [imba.ie](http://imba.ie) 01-874905674 9056

[ISPCC](http://ISPCC) [ispcc.ie](http://ispcc.ie) 047 75860

[Parentline](http://Parentline) [parentline.ie](http://parentline.ie) 1890 927 277

[Barnardos Parent Support](http://Barnardos Parent Support) line 1800 910 123 10am—2pm

Mon—Fri

[Parenting support](http://Parenting support) [parenting.sa.gov.au](http://parenting.sa.gov.au)

[cuidiu-ict.ie/](http://cuidiu-ict.ie/)

[Parenting resource on the first years](http://Parenting resource on the first years) [zerotothree.org](http://zerotothree.org)

[Pregnancy, baby & toddler health](http://Pregnancy, baby & toddler health) [mychild.ie](http://mychild.ie)

[Raising Children](http://Raising Children) [raisingchildren.net.au](http://raisingchildren.net.au)

[Solo](http://Solo) [solo.ie](http://solo.ie)

[The whole child](http://The whole child) [pbs.org/wholechild](http://pbs.org/wholechild)

[Treoir](http://Treoir) (information for unmarried parents and their children)

[treoir.ie](http://treoir.ie) LoCall 1890 252 084 01 6700120

[One parent families](http://One parent families) [onefamily.ie](http://onefamily.ie)

[Tusla Child and Family Agency tusla.ie](http://tusla.ie)  
Cavan 049 4369800  
[Family Resource Centres](#)  
31 Church Street, Cavan 049 4372730  
[info@teachoscaifrc.ie](mailto:info@teachoscaifrc.ie)  
Killeshandra 049 4364065 [focusfrc@gmail.com](mailto:focusfrc@gmail.com)

### **Separations & Divorce**

[Rainbows Ireland rainbowsireland.com](http://rainbowsireland.com)  
[Separation Support separationsupport.ie](http://separationsupport.ie)  
[Teen Between teenbetween.ie](http://teenbetween.ie) 1800 30 31 91  
[Family Mediation Service](http://familymediation.ie) 01 646 9600

### **Sibling Support**

[Cavan Autism Parents Support Group capssupport.ie](http://capssupport.ie)  
[Enable Ireland Cavan Siblings Group](http://enableireland.ie) 049 4326990  
[sibs.org.uk](http://sibs.org.uk)

### **Training for parents**

Please check websites for courses coming up.  
[Middletown Centre for Autism middletownautism.com](http://middletownautism.com)  
[AutismNI autismni.org](http://autismni.org)  
[Sensational Kids sensationalkids.ie](http://sensationalkids.ie)  
[Parenting Cavan facebook.com/parentingcavan/](https://facebook.com/parentingcavan/)  
[Family Carers Ireland familycarers.ie](http://familycarers.ie)/carer-supports/  
learning-education  
[asiam.ie/training-awards/](http://asiam.ie/training-awards/)

### **Urgent Help**

[G.P Out of Hours](#) NEDOC: 1850 777911/ 0416850750  
[Emergency Department](#) Cavan General Hospital  
049 4376000  
[Emergency Numbers](#)  
999 or 112 for:  
Ambulance  
Gardai Cavan 049 436 8800  
    Cootehill 049 5552105  
    Baillieborough 042 9694570  
    Ballyconnell 049 9525580  
Fire Brigade

## Resources

### Visual Supports / Other

practicalautismresources.com/printables

do2learn.com

Able2learn.com

Autisticslt.com

positivelyautism.com

erinoakkids.ca/Resources/Growing-Up/Autism.aspx

raisingchildren.net.au

essonpix.com

adayinourshoes.com

handyhandouts.com

ncse.ie/parent-resources

sensory-processing.middletownautism.com

<https://www.callaninstitute.org/information-for-families> See

download Positive Behaviour Support for Children

### Story Books featuring Children with disabilities

[scope.org.uk/advice-and-support/storybooks-featuring-disabled-children/](https://www.scope.org.uk/advice-and-support/storybooks-featuring-disabled-children/)

Please note this list is not exhaustive, if you know of any other services or supports that would be beneficial to other parents/children in our service, you can share this information with an Enable Ireland staff member. This list is for informational purposes. It is the responsibility of internet users to ascertain the accuracy and reliability of information found. While care is taken to provide links and accurate information to relevant and useful content, we cannot guarantee the operation of external sites or links from these sites. We do not endorse products or services provided by others. Thank you.

**15th November 2023**

**Information on payments for parents and carers in this leaflet has been updated following the budget in September 2024. Please take a few minutes to go through it to check if you might be eligible to apply for any of the allowances e.g. Domiciliary Care Allowance or tax credits listed if you have not previously done so.**

**Also included is information on counselling and advocacy services, education, housing adaptation, financial support, passengers with disabilities, useful websites etc.**

**If you want to find out about supports in preschool or in the home, Parent & Toddler Groups, Siblings Group, Counselling & Advocacy Services, Parent Support Groups, training available for parents or you have queries about any of the information included in this leaflet please contact team members.**

**If you find contact numbers or websites have changed please let us know so that we can update them. Also if you have information that you think would be helpful to other parents to include in this leaflet please let team members know. Thank you. We hope you find this booklet helpful.**

**Children's Disability Network Team  
Hillside  
Rathcorrick  
Cavan  
H12 NT26  
0494326990**

