

## About Leap

Leap is a family-led, non-profit organisation that works on behalf of children and adults with developmental disabilities and their families. We work with families, their supporters and allies, people with disabilities, service providers and others. We focus our efforts on increasing expectations of what is possible in the lives of people with disabilities.

We support families to build a vision of a good life and focus on relationships, belonging and socially valued roles for their family member with a disability.

Leap works with families to develop their leadership skills by increasing their understanding of how to bring about positive change in the life of their family member with a disability. We provide a range of opportunities for families to develop the skills and knowledge necessary to effectively promote the uniqueness and interests of their own family member.

We base our educational work on powerful theories including Social Role Valorisation (SRV). We know that people do better when their families are vested in their future, are connected to positive networks and are imbued with a sense of hope.

We also know that when families are in a state of resignation and/or hopelessness and have not had opportunities to access support, they frequently place the responsibility for a good life at the door of the service system. We educate families and service providers to move away from a gross focus on the persons impairment and toward a more holistic understanding of what the person and family wants. People and families' fundamental needs are for inclusion, participation, relationships, value and respect.

From this perspective, we support the full integration of people with disabilities and do not promote models which advocate separate settings. We actively support the least restrictive, most integrated environment for people with disabilities.

**As a result of funding from the HSE Social Care Division we are now able to offer these workshops to all CHO Areas**

**For further information  
please contact us**

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## Supporting Families



**Workshop Series**

# Creating a Good Life

A one day workshop for families who have children with a disability aged between 6-12 years.

## Course Content

In this workshop you will be supported to:

- Get clear on what you want
- Hold high expectations of your son or daughter
- Believe in the natural authority of families
- Think about valued roles
- Invest in a life in community
- Gain an understanding of Self-Directed Living
- Explore Individual Lifestyle Development
- Connect with others and build allies



# Enabling Good Lives

A one day workshop for families who have children with a disability aged between 12-18 years.

## Course Content

In this workshop you will be supported to:

- Promote the gifts and potential of your child
- Learn effective advocacy techniques
- Keep your focus on what matters
- Create a vision of a full, meaningful life
- Explore what life after school could be like
- Understand the power of valued social roles
- Explore Self-Directed Living



# Building Positive Relationships with Families

A one day workshop for people who work in disability services, including managers, co-ordinators and people in direct support roles.

## Course Content

In this workshop staff will be supported to:

- Gain an understanding of how families experience services
- Understand how to improve on our relationships with families
- Examine how we are working with families and how this could be improved on
- Understand how to build on strengths when barriers and challenges are encountered
- Explore what is ours (as a service) to do, what is the role of the family and what should be shared
- Examine how working in right relationship with families can support people to have a good life

# Facilitators

All Workshops will be facilitated by Rachel Cassen and a Leap Associate.

## Rachel Cassen

Rachel is the Director of Leap. Leap works with the family to build knowledge and skills and challenge existing attitudes and beliefs. They help the family to develop a vision of a good life for their family member and to focus on relationships, belonging and socially valued roles.

## Willie Walsh

Willie is the Co-ordinator of ClanBeo, an organisation in the West of Ireland which supports people with a disability, their families or other personal advocates in learning what it takes to live an independent, connected and full life in their community.

## Breda Whelan

Breda is a Guidance Counsellor and a parent of three teenage boys. She is passionate about inclusion and an ordinary life for everyone. Breda believes that families need support and encouragement from other families to imagine a positive future and to take action towards the best life possible.