



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.

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

Workshop 1: Creating a Good Life 10am-4pm

This workshop is for parents of children with a disability aged 6-12. Topics covered:

- Getting clear on what you want
- Having high expectations of your son/daughter
- Believing in the natural authority of families
- Thinking about valued roles
- Investing in a life in community
- Self-Directed Living
- Individual Lifestyle Development
- Connecting with others – building allies

Workshop 2: Enabling Good Lives 10am-4pm

This workshop is for parents of teenagers with a disability aged 12-18. Topics covered:

- Promoting the gifts and potential of your child
- Effective advocacy
- Keeping a focus on what matters
- Creating a vision of a full, meaningful life
- Life after school
- The power of valued social roles
- Self-Directed Living

In these one-day workshops families will have an opportunity to spend time focussing on their child's strengths and talents and to think creatively about places where these gifts will be valued and shared. By being able to articulate a vision of a good life and by working intentionally to create and sustain opportunities we can make sure our child is not left behind. Both workshops will offer approaches on how to strengthen roles and relationships and to create greater opportunities for belonging.