

# Resilience

NEW  
DIRECTIONS



*Realising* Potential

# Resilience

## NEW DIRECTIONS

### Case Study

#### Meet Kevin.....

Disability: ASD, Mild ID

#### Likes:

Travel, cycling, his dog, hiking and rock climbing, gardening, cooking, woodworking, art (painting and weaving).

#### Personal Goals:

- Creating produce in his garden and selling this to people in the community. Kevin has a regular customer in the local village and also sells produce to some friends of the family.
- Creating finished art works and documenting these on a personal blog. Improving his photography and media skills.
- Creating a woodworking business. Using a hand saw. Using power tools. Creating a finished wooden project. Selling wooden projects in the community. Planning a wooden project. Buying what is required when beginning a project and during.

#### Time with resilience:

July 2020

#### Support:

1:1 New Directions Day Service

#### Service hours:

12 hours a week over two days.

#### Daily Activities:

Building up his woodworking business, making new products, travelling to hardware stores for supplies, planning and developing his garden to be harvested in the coming months, walking and caring for his dog, researching in-person courses to complete.

#### Achievements to date:

- Registering and attending a course.
- Creating art.
- Using a camera. Taking photos that were of a high quality.
- Uploading photos from his phone to a laptop.
- Creating a blog.
- Meeting rock climbers and going climbing.
- Planning and completing a woodwork project.
- Using a hand saw, hammer and power tools.
- Buying supplies from a hardware store.
- Selling his creations in the community.
- Growing and selling produce from his garden
- Involvement in his community.

All Kevin's activities and achievements are made possible through the active support of the Resilience New Directions Programme. Please note that Kevin's name has been changed to protect his privacy.

Families or Professionals can get in touch by calling

T: 065 672 2875 | E: [info@resilience.ie](mailto:info@resilience.ie) | [www.resilience.ie/socialcare](http://www.resilience.ie/socialcare)

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### Case Study

#### Meet Paul.....

Disability: ASD, Dyslexia,  
Auditory Processing Disorder

#### Likes:

Playing video games, developing his personal YouTube channel, reviewing retro video games, video editing, writing scripts, and looking after his pets.

#### Personal Goals:

Develop his social skills and employment skills, move out of home eventually and live independently, gain employment, and to continue developing his education, especially around creative media.

#### Time with resilience:

August 2020

#### Support:

1:1 New Directions Day Service

#### Service hours:

17 hours a week over three days.

#### Daily Activities:

- Making breakfast
- Doing household chores
- Playing boardgames
- Doing college work
- Running errands in town
- Getting lunch in town
- Going for walks around town
- Making YouTube videos

#### Achievements to date:

- Certificate in Computer Essentials
- Certificate in Online Essentials
- Certificate in Computer Documentation
- Certificate in Excel Spreadsheets
- Certificate in Cyber Security
- Certificate in Presentation Skills
- Certificate in Online Collaboration
- Certificate in Digital Marketing

#### Future Plans:

- Learn how to play Dungeons and Dragons
- Complete a course on Living Independently
- Complete a course in Financial Independence
- Continue to develop his educational and vocational skills

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'It's all about one person at a time with a focus on creating meaningful roles for the people we support in their local communities'.

Lars Schabelski, National Community Development Manager

## Day services for Adults with Disabilities

### Flexible To Suit

Our services are NOT 9 to 5 - wherever possible, we provide support and facilitate activities based on what is best for each individual. This means flexible hours, we work together with you.

### Community Inclusion

Our supports are outcome based, individualised and with a strong focus on community inclusion.

### The Right Fit

We find the right Community Support Worker only AFTER we know the needs of our service users, not the other way around. This means we can match clients with Support Workers, according to needs, skills and personalities.

### Dynamic

Supports are specifically tailored for each individual based on their interests, needs and aspirations. No two people will experience New Directions the same way. We are excellent at managing risks and positive risk taking

*Locations:* Cork, Kerry, Clare, Limerick, Wexford & Kildare and more to open in 2022.

Families or Professionals can get in touch by calling

Lars: 086 1732689 Catherine : 086 1083426 | [www.resilience.ie/socialcare](http://www.resilience.ie/socialcare)