



# Life beyond the NRH

Working together towards a brighter future



Information and resources for your journey during and after you complete the acute phase of your rehabilitation in the NRH

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# Life beyond the NRH

A guide for you and your family or carers about the many national and regional organisations available to offer support, advice and resources for your journey during and after completing the acute phase of rehabilitation at the NRH.

This booklet provides information about a wide range of support organisations, their contact details and the services they offer.

It also provides details of NRH Outpatient services which you may be referred to or already attending as part of your rehabilitation programme.

## Acquired Brain Injury Ireland

ABI Ireland provide a range of services and support specific to the needs of each person with a brain injury, with rehabilitation plans that assist them in reaching their goals to support them to live independent lives.

Website: [www.abiireland.ie](http://www.abiireland.ie)

Email: [hello@abiireland.ie](mailto:hello@abiireland.ie)

Tel: 01 280 4164



## All Ireland Social Prescribing Network

Social Prescribing uses support networks already available in the community to provide support networks to those in need of community connection.

The All Ireland Social Prescribing Network connects people with their local social prescribing service.

Website: [www.allirelandsocialprescribing.ie](http://www.allirelandsocialprescribing.ie)

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

Tel:



## Aphasia Ireland

Aphasia Ireland is a registered charity formed with the aim of raising awareness of aphasia and providing support to people with aphasia. We aim to empower people with aphasia to lead fulfilling, independent lives and to support their families, friends, and carers in navigating the changes in their lives associated with aphasia.

Website:

Email: [aphasia.ireland@gmail.com](mailto:aphasia.ireland@gmail.com)

Tel:



## Children in Hospital Ireland

Children in Hospital Ireland facilitates play and recreation opportunities, thereby easing the experience of hospitalisation for all children and their families.

Website: [www.childreninhospital.ie](http://www.childreninhospital.ie)

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

Tel: 01 290 3510



## Citizens Information

Citizens Information is a government initiative providing comprehensive information on public services and the entitlements of citizens in Ireland in an easy-to-understand way.

Website: [www.citizensinformation.ie](http://www.citizensinformation.ie)

Email:

Tel: 0818 074 000



## Croí

Croí supports stroke survivors, their carers, and family members throughout community recovery and ongoing wellbeing. Their Stroke Hub offers a range of programmes, exercise classes, monthly stroke support group meetings, and wellbeing activities tailored to the different needs and stages of each rehabilitation journey.

Website: [www.croi.ie](http://www.croi.ie)

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

Phone: 091 332 999



## Dublin Airport Accessibility

Dublin Airport provides services for those with disabilities who may need or wish to travel. These services are available for those with reduced mobility and non-visible disabilities.

Website: [www.dublinairport.com/accessibility](http://www.dublinairport.com/accessibility)

Email: \_\_\_\_\_

Tel: 01 944 0440



## Dublin Bus Accessibility

Dublin Bus makes provisions for customers with both visible and non-visible disabilities to provide a friendly, efficient and safe service to all.

Website: [www.dublinbus.ie/accessibilityhome](http://www.dublinbus.ie/accessibilityhome)

Email: [independent.travel@dublinbus.ie](mailto:independent.travel@dublinbus.ie)

Tel: 01 703 3002



## Embrace FARM

Embrace FARM is a non-profit organisation that provides practical and emotional support to farm families and businesses across Ireland who have been affected by farm-related serious injury or sudden death, so they have help, when and how they need it most.

Website: [www.embracefarm.com](http://www.embracefarm.com)

Email: [info@embracefarm.com](mailto:info@embracefarm.com)



Tel: 057 851 0555 or 085 770 9966

## Enable Ireland

Enable Ireland provides services to children and adults with disabilities, and their families, in over 40 locations in 15 counties. Covering childhood to adulthood, our teams work with individuals and their families on a plan for each life stage.

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

Email: [communications@enableireland.ie](mailto:communications@enableireland.ie)

Tel: 01 872 7155



## Epilepsy Ireland

Epilepsy Ireland's vision is to achieve a society where no person's life is limited by epilepsy.

Website: [www.epilepsy.ie](http://www.epilepsy.ie)

Tel: 01 455 7500



## Family Carers Ireland

Family Carers Ireland supports over 500,000 carers across the country to ensure carers are recognised, empowered, and able to care safely with the support they need.

Website: [www.familycarers.ie](http://www.familycarers.ie)

Tel: 1800 240 724



## FAI Football For All

Football for All caters for people with a disability who want to play football.

Website: [www.fai.ie](http://www.fai.ie)

Email: [footballforall@fai.ie](mailto:footballforall@fai.ie)



## Headway

Headway is an Irish registered charity and an internationally accredited brain injury services organisation that supports adults (18+) who are affected by brain injury.

Website: [www.headway.ie](http://www.headway.ie)

Email: [helpline@headway.ie](mailto:helpline@headway.ie)

Tel: 1800 400 478



## Irish Cancer Society

The Irish Cancer Society is a community of patients, survivors, volunteers, supporters, health and social care professionals and researchers. It works to transform the experiences and outcomes of people affected by cancer through advocacy, support services and research.

Website: [www.cancer.ie](http://www.cancer.ie)

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

Tel: 1800 200 700



## The Irish Heart Foundation

The Irish heart foundation is the national heart and stroke charity. It is an organisation funded by donations that supports and campaigns for people that have been affected by cardiovascular problems throughout their lives.

Website: [www.irisheart.ie](http://www.irisheart.ie)

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

Tel: 01 668 5001



## Irish Men's Sheds Association

The Irish Men's Sheds Association provides support, information and resources to members' sheds in Ireland, north and south of the border.

Website: [www.menssheds.ie](http://www.menssheds.ie)

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

Tel: 0818 900 800



## Irish Wheelchair Association (IWA)

Irish Wheelchair Association provides a wide range of services for people with physical disabilities. IWA was founded on the belief that everyone should be able to live a life of choice and equality.

Website: [www.iwa.ie](http://www.iwa.ie)

Email: [customercare@iwa.ie](mailto:customercare@iwa.ie)

Tel: 01 818 6400



## MABS

MABS (the Money Advice and Budgeting Service) is the Irish money advice service. For over 30 years, MABS have been providing support and impartial advice to help people manage their money and take control of debt.

Website: [www.mabs.ie](http://www.mabs.ie)

Email: [helpline@mabs.ie](mailto:helpline@mabs.ie)

Tel: 0818 072 000



## MS Ireland

The MS Care Centre is the only dedicated respite Centre for people with Multiple Sclerosis in Ireland and is a place for residents to learn more about their MS and find ways to self-manage their condition. Find out more at [www.ms-society.ie/what-we-do/ms-care-centre](http://www.ms-society.ie/what-we-do/ms-care-centre)

Website: [www.ms-society.ie](http://www.ms-society.ie)



Email: [info@ms-society.ie](mailto:info@ms-society.ie)

Care Centre: 01 678 1600 MS Infoline: 0818 233 233

## My Welfare (Dept of Social Protection)

MyWelfare is an online platform that provides access to government and welfare services in Ireland. It is operated by the Department of Social Protection and links to your MyGovID account – your single login for government services.

Website: [www.mywelfare.ie](http://www.mywelfare.ie)

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

The logo for MyWelfare consists of the text "MyWelfare" in a white, sans-serif font, set against a dark blue rectangular background.

Tel:

## National Advocacy Service for People with Disabilities

The National Advocacy Service provides a free and independent representative advocacy service to adults with disabilities across Ireland.

Website: [www.advocacy.ie](http://www.advocacy.ie)

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

Tel: 0818 073 000



## National Rehabilitation Hospital (NRH)

The National Rehabilitation Hospital (NRH) provides Complex Specialist Rehabilitation services to patients who, as a result of an accident, illness or injury, have acquired a physical or cognitive disability and require a specialist programme of rehabilitation.

Website: [www.nrh.ie](http://www.nrh.ie)

Email: [enquiries@nrh.ie](mailto:enquiries@nrh.ie)

Tel: 01 235 5000



## NRH Outpatient Department (Unit 6)

The NRH Outpatient Department provides consultant-led clinics, multidisciplinary therapy clinics and treatment programmes primarily to patients admitted to the Brain Injury Programme, Stroke Specialty Programme and the Spinal Cord System of Care (SCSC) Programme.

Website: [www.nrh.ie](http://www.nrh.ie)

Email: [Emma.Shortall@nrh.ie](mailto:Emma.Shortall@nrh.ie)

Tel: 01 235 5550



## NRH Next Stage Programme

The Next Stage Programme at the NRH Rehabilitative Training Unit is designed to assist people with an acquired brain injury to maximize their functional abilities and achieve their individual training goals. Goals may include greater independence and community reintegration, and increased personal, life, social and practical skills.

Website: [www.nrh.ie](http://www.nrh.ie)

Email: [Maureen.Gallagher@nrh.ie](mailto:Maureen.Gallagher@nrh.ie)

Tel: 01 235 5393



## National Learning Network (NLN)

NLN offers flexible training programmes and support services for people who need specialist support.

Website: [www.nln.ie](http://www.nln.ie)

Tel: 01 205 7200



## Paralympics Ireland

Paralympics Ireland is the National Paralympic Committee. It manages the Irish team at the Paralympic Games.

Website: [www.paralympics.ie](http://www.paralympics.ie)

Tel: 01 625 1175



## Quest

Quest provide rehabilitative training programmes to adults with an acquired brain injury in the west of Ireland.

Email: [quest@nln.ie](mailto:quest@nln.ie)

Tel: 091 778 850



## Southside Partnership DLR

Southside Partnership DLR is an independent local development company delivering a range of programmes and services in Dún Laoghaire Rathdown. It delivers a Social Inclusion and Community Activation Programme (SICAP), the Local Area Employment Service (LAES) and the Tús Community Work Placement Initiative.

Website: [www.southsidepartnership.ie](http://www.southsidepartnership.ie)

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

Tel: 01 706 0100



## Spinal Injuries Ireland

Spinal Injuries Ireland (SII) is a registered charity that actively supports people who sustain spinal cord injury and the family and friends who love them. As the only support and service agency of its kind in Ireland, SII provides a person-centred service to assist people to engage fully in society.

Website: [www.spinalinjuries.ie](http://www.spinalinjuries.ie)

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

Tel: 01 653 2180



## SOS (Suicide or Survive)

SOS works with people to prevent suicide through programmes grounded in courageous conversations, lived experience, and practical skill-building to support people to live with suicidal thoughts without being defined by them.

Website: [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)

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

Tel: 01 272 2158



## SVP: The Society of St Vincent de Paul

The Society of St Vincent de Paul provide a wide range of services for vulnerable people through our local offices, shops, resource centres, housing, day care and holiday schemes amongst other services.

Website: [www.svp.ie](http://www.svp.ie)

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

Tel: 01 884 8200



## Vision Ireland

Vision Ireland offers timely information and support, relevant technology and innovative programmes to sustain those with a vision impairment in education, in the workplace, and in wider society.

Website: [www.vi.ie](http://www.vi.ie)

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

Tel: 1800 911 250



## Volunteer Ireland

Volunteer Ireland is the national organisation that promotes, supports and advocates for volunteering in Ireland. We support the network of Volunteer Centres by offering bespoke training, consultancy and an extensive range of guides and resources to develop meaningful volunteering experiences that are valued and recognised.

Website: [www.volunteer.ie](http://www.volunteer.ie)

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

Tel: 01 636 9446



**Volunteer  
Ireland**  
Obair Dheonach Éireann

## **Other Useful Contacts & Resources**

### **Decision Support Service**

The Decision Support Service (DSS) promotes the rights and interests of people who may need support with decision-making. It also registers decision support arrangements, supervises decision supporters and facilitates Enduring Powers of Attorney.

Website: [www.decisionsupportservice.ie](http://www.decisionsupportservice.ie)

Email: [queries@decisionsupportservice.ie](mailto:queries@decisionsupportservice.ie)

Tel: 01 211 9750

### **Disabled Drivers Association of Ireland**

For information on disabled drivers' services and parking permit.

Website: [www.ddai.ie](http://www.ddai.ie)

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

Tel: 094 936 4054

## **Disability Federation of Ireland (DFI)**

DFI is a federation that works with its members, disabled people, allies, and the state to drive full inclusion and equity.

Website: [www.disability-federation.ie](http://www.disability-federation.ie)

Email: [info@disability-federation.ie](mailto:info@disability-federation.ie)

Tel: 01 454 7978

## **Sage Advocacy**

The National Advocacy Service for Older People, Sage Advocacy works to ensure that people can access support, information, independent advocacy and safeguarding services.

Website: [www.sageadvocacy.ie](http://www.sageadvocacy.ie)

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

Tel: 01 536 7330

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## The Interagency Forum (IAF)

This booklet has been compiled by the NRH Interagency Forum (IAF), which is made up of agencies who offer a range of support services and resources that you may find useful following your discharge from the NRH.

The IAF promotes the idea of everyone working together to support you and your family as you move beyond the NRH.

We hope this booklet assists you in your journey towards maximising recovery, future possibilities and quality of life.







## **National Rehabilitation Hospital**

Rochestown Avenue,  
Dun Laoghaire,  
Co Dublin,  
A96 RPN4

**Telephone** (01) 235 5000

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