

What are the benefits of the ILP?

Some benefits of attending this programme are:

- ◇ Computer skills
- ◇ Building Social skills
- ◇ Development of Soft Skills
- ◇ Gaining Independence
- ◇ Work Experience



Created by learners on the Independent Living Programme (ILP), 2023.

Who to Contact if you're Interested



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Abode Independent Living Skills Programme



abode

An Employability Skills
Programme for people with
disabilities including soft skills
and computer skills



cetb
Bord Oideachais agus
Oiliúna Chorcaí
Cork Education and
Training Board



QQI AWARD

What is the Independent Living Skills Programme?

It's a **QQI Level 3 Employability Skills Programme.**

It is for people with disabilities who want to gain more independence for themselves and to find employment.

It covers a wide range of subjects in this topic.



Testimonials



"..... I joined the Independent Living Programme at the beginning of last year and I have really enjoyed my time here so far. I have been able to meet a lot of new people and develop a lot of new skills. I would recommend this course as it is a great way to meet new people and develop new practical and IT skills".— Sean.

"... I have recently completed the Independent Living Programme. I have really enjoyed doing it as it gave me the chance to meet new people. I would recommend that people would do it if they want to be more independent. Since I have started this programme I have been able to find voluntary work in the Irish Cancer Society Shop which is based in Castle Street. I help to sort out the books by making sure that they are in the right order and put in the right category."— Jacinta Mulcare

What we do on the Programme

On this programme we do a variety of QQI Level 3 modules including:

- ✓ Application of Number
- ✓ Art and Design
- ✓ Career Preparation
- ✓ Communications
- ✓ Computer Literacy
- ✓ Digital Media
- ✓ Health and Fitness
- ✓ Health & Fitness
- ✓ Health & Safety Awareness
- ✓ Information Technology
- ✓ Nutrition & Healthy Options
- ✓ Personal Care & Presentation
- ✓ Personal and Interpersonal Skills
- ✓ Personal Effectiveness
- ✓ Spreadsheets
- ✓ Work Experience

