



If you want more information
please contact us on:

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The Young Adult Disability Team



Information for people who want to
use our service



Who are the young adult disability team?

The young adult disability team help people with a disability who are transitioning from school/rehabilitative training to a day centre in HSE Mid West.

We work with you in your day service, home or community.

What can we help you with?

- Coping with the transition
- Helping others to support you
- Taking part in social activities
- Communicating with others
- Making choices and plans
- Self-care activities
- Living independently
- Going places independently
- Cooking & housework
- Managing feelings & emotions
- Learning new skills

Who is on the young adult transition team?

Occupational Therapist

I help people to be more independent and to carry out daily activities that are important to them.

Senior Psychologist

I work with young people to help them to cope with this change. I can help young people with their thoughts, feelings and behaviour.

Assistant Psychologist / Behaviour Specialist

I help young people to learn new ways of coping. I also work with young people and those supporting them to put together a personal support plan.