



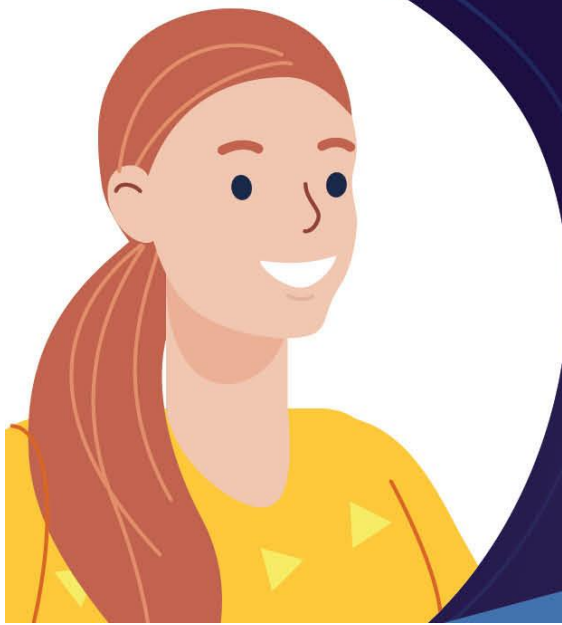
Rialtas na hÉireann  
Government of Ireland



# Supports Guide for Young People

Information on supports  
and services in Ireland

Easy to Read



gov.ie

## What is in this document?



1. Introduction – page 3



2. Social Welfare Supports - page 3



3. Social Housing Support - page 8



4. Education, Training and Employment – page 15



5. Health and Childcare Supports - page 25

6. Additional Information – page 31



## 1. Introduction

This is an Easy-to-Read version of the Supports Guide for Young People.

It tells you about the different supports that are available for young people who are homeless or who have been homeless.



## 2. Social Welfare Supports

Social welfare supports are payments from the Government to people who do not have enough money and need help with some payments.

These payments can be given to you if you are unemployed, or if you need help with family costs or if you need help with heating costs or school uniform costs.

Some examples of social welfare supports are:



### Jobseeker's Benefit

This is a payment if you lost your job.

To get Jobseeker's Benefit, you must have paid tax while you were working.



### Jobseeker's Allowance

This is a type of payment if you do not have a job and are looking for a job.



### **One-Parent Family Payment**

This payment is for people who have children but do not have a partner to help them.

To get this payment, you must have one child under 7 years of age.

Sometimes you can get this payment if your children are older than 7 years of age, but this is only for some cases like if your child has a disability or if you are a fulltime carer.

You can work and get this payment at the same time.

### **Working Family Payment**

This payment is for people who have children and have a job but get low pay from their job.



You must have at least one child who lives with you or a child you support with money.

Your child must be under 18 years old or under 22 years old if they are in college or school.

### **Disability Allowance**

This is a weekly payment to people who have a disability.

You can get this payment if you are 16 years of age or older.





You might also be able to get other supports as well, for example the Household Benefit Package which could help with the cost of your bills.

### **Rent Supplement**

People who need help paying their rent for a short while can get Rent Supplement from the Department of Social Protection.

### **Supplementary Welfare Allowance Scheme**

This is a weekly payment to people who do not have enough income to meet their needs or the needs of their family.



You can get this while you are waiting to get other social welfare payments.

Examples of what can be paid under the Supplementary Welfare Allowance Scheme are the Back-to-School Clothing and Footwear Allowance or the Additional Needs Payment.

### **How to apply for Social Welfare Supports**

You can apply for social welfare payments at your local [Intreo Centre or your local Social Welfare Branch Office.](#)



You can also apply online using the website called [www.mygovid.ie/](http://www.mygovid.ie/).



When you apply, the things you need to bring will be different for each social welfare support.

You will always need a PPS Number, Photo ID and proof of address.

If you do not have these things, you should talk to your local Intreo Centre or Social Welfare Branch Office.



### **More Information on Social Welfare**

More information on social welfare is available from [www.gov.ie](http://www.gov.ie) or [www.citizensinformation.ie/](http://www.citizensinformation.ie/).

### **Other Financial Supports**

#### **Aftercare Allowance**

If you are moving from foster care into your own house, you might be able to get what is called “aftercare allowance”.

This allowance is €300 a week.

You can use this to help you with food and bills.

You must be in an education course or in training.

For more information, visit the [Tulsa website](#).





### **Aftercare Grant**

If you are a young person leaving care, you may get the aftercare grant.

This is a once off payment to help pay your first month of rent.

It can also pay for the deposit and some home items like towels, bed linen or food.

For more information, visit the [Tulsa website](#).

### **Managing your Money**

The Money Advice and Budgeting Service (MABS) gives you advice on how to manage your money.

You can find useful information on their website [www.mabs.ie](http://www.mabs.ie) or you can call the MABS helpline on 0818 07 2000. They are open Monday – Friday 9am to 8pm.





### 3. Social Housing Supports

Social housing support is housing provided to people who do not have enough money to pay for their own place to live in like a house or apartment.

Social housing support can be provided in two ways:

1. Your local authority can support you with the cost of renting. They can make a monthly payment to your landlord.
2. You may get housing from your local authority in one of their home's. This means you would become a tenant of your local authority or an Approved Housing Body (AHB).

### How to Apply for Social Housing Support

You must get and complete a social housing support form and send it to your local authority.

You can get the form from your local authority's office or you can download it from your local authority's website.





You must use the form from your local authority you are applying to.

You must make sure you give all the information they ask for on the form because if you do not give all the information, your form will be sent back to you.



You can get an Easy-to-Read guide to filling in the form from your local authority.



### **What happens after I apply?**

Your local authority will look at your form when you have filled it out. They look at different things such as:

- How much money do you and the people in your house earn?
- Where do you live now?
- Is where you live now a suitable place for you to live?
- How many people are in your family need housing?





They will then contact you using the details you have provided on the form to tell you if you can get social housing support. If you can, you will be placed on the local authority's housing waiting list.

If you do not get social housing support, you might be able to get Rent Supplement. There is more information on this on page 5.

## **How long will I be waiting for Social Housing Support?**

People who are on the housing waiting list for a long time may get a house first.

While you are on the waiting list you can apply for the Housing Assistance Payment (HAP) and look for your own place to rent. This can be a house or an apartment.

## **Housing Assistance Payment (HAP)**

Anyone who is on the local authority housing waiting list can apply for HAP.

If you get this payment, you will no longer be on the waiting list for a local authority house.

The local authority can put you on what is called a "transfer list".

Being on the transfer list means that you can still get a local authority house.



## Applying for HAP

Once you find a place, you can contact your local authority.

The local authority will give you a HAP pack that includes a form.

You need to fill this form out and ask the landlord to fill out their part of the form as well.

It is important to give the filled-out form with all information back to the local authority quickly.

## Living in a HAP Property

### Rent

There are three things you need to know about your rent when you are on HAP:

1. The local authority will pay most of the rent to the landlord for you. This is called your "HAP rent limit".

Your local authority will tell you how much this is and when it will be paid.





2. If your rent is more than your HAP rent limit you will need to pay the extra amount of rent to your landlord.

This is called a "top-up".

3. You will also pay what is called a "rent contribution" to the local authority.

How much rent contribution you pay is based on how much money you have.

If you do not pay your rent contribution, the local authority can stop paying rent to your landlord.



## **More information on HAP**

You can get an Easy-to-Read guide on HAP from your local authority.

## **Tenant Rights**

People who pay rent to live in a house or apartment have what are called "tenant rights".

If you are living in a HAP home, you have the same rights as anyone else who is paying rent.



The main right you have is that once you have lived in your HAP home for 6 months, you can live in that home for as long as you pay your rent and follow your tenancy obligations such as being a good neighbour.

If your landlord does want you to leave your home, you should contact your local authority as soon as possible.

Threshold can provide you with free advice on your rights when renting a house or apartment. You can find more information on [www.threshold.ie](http://www.threshold.ie).

### **Tenant Obligations**

You will need to follow rules when you live in your home for example:

- Paying your rent on time.
- Looking after your home.
- Being a good neighbour for example this means not playing loud music late at night.
- With HAP, you should stay in the same house or apartment for at least 2 years.





## **More information on Social Housing Supports**

You can get more information on social housing supports on your local authority's website or from [www.citizensinformation.ie](http://www.citizensinformation.ie).



## **Homelessness**

If you are homeless or worried about losing your current home, you need to contact your local authority as soon as possible. There are supports and services to help you.



## **4. Education, Training and Employment**

If you are interested in doing an education course, training for new skills, or looking for a new job, there are supports and options to help you.

### **Education Options**

#### **Further Education and Training (FET) Courses**

You can do an FET course if you are over 16 years of age. FET courses include:

- Apprenticeships.
- Traineeships.
- Post Leaving Certificate (PLC) courses.
- Community and adult education.
- Core literacy and numeracy courses for example reading writing, maths and computers.



FET courses and programmes are provided by the Education and Training Board (ETB) network. You can search for courses on the Further Education and Training Hub. The website address is [www.fetchcourses.ie](http://www.fetchcourses.ie).



### **Post Leaving Certificate Courses (PLC)**

These courses teach students skills and lessons in many areas such as business, childcare, hairdressing and many others.

You can find more information on [www.fetchcourses.ie](http://www.fetchcourses.ie).

### **Apprenticeships**

Apprenticeships is a mixture of “on-the-job” learning and classroom lessons like in school. They are a way for you to gain skills and knowledge in an area of work.

Examples of apprenticeships include construction, accountancy and many more.

You will also earn money while you are doing your apprenticeship course.

You can get more information on [www.apprenticeship.ie](http://www.apprenticeship.ie).

### **Adult Literacy**

There is training known as “Learning for Living Programme”. This helps adults with reading, writing, maths and computer skills. All courses are free and are available at your nearest [FET centre](#).







## **Vocational Training and Opportunities Scheme (VTOS)**

VTOS provide many courses that can improve your education. A VTOS can help you:

- develop skills.
- prepare for work, self-employment and further education and training.

You can get a certificate when you finish the course.

You need to be over 21, not working and getting certain social welfare payments for at least 6 months.

To apply contact your local [Education and Training Board](#) for more information.

## **Youthreach**

Youthreach is an education, training, and work programme for early school leavers aged 15 to 20 years of age.



You can apply by contacting your local Community Training Centre and talk to staff about your training needs and interests.

To find your nearest training centre go to [www.iacto.ie/ctcs/ctc-locations/](http://www.iacto.ie/ctcs/ctc-locations/).



## **Colleges, Universities and Technical Colleges**

Some people after completing their Leaving Certificate or a PLC course might go to Universities, Colleges or Technical Colleges.

There are lots of courses to choose from for example nursing or business.

You can get a degree, diploma or certificate when you finish your course.



You can apply for a course on the Central Application Office (CAO) website. The website address is [www.cao.ie](http://www.cao.ie).

## **HEAR and DARE**

The Higher Education Access Route (HEAR) and The Disability Access Route to Education (DARE) can help some people who do not get enough points in their Leaving Certificate, to go to Colleges, Universities and Technical Colleges.



Not everyone can get this. To find out if you can and for more information go to <https://accesscollege.ie/>.



### **eCollege**

eCollege is online training courses There is lots of options to choose from for example business and design.

eCollege courses are available free-of-charge to people who are getting jobseekers payments, Disability Allowance or One Parent Family Allowance.

If you are not getting these supports, you can still do a course but you will have to pay money for it.

You can get more information on their website. The website address is [www.ecollege.ie](http://www.ecollege.ie).

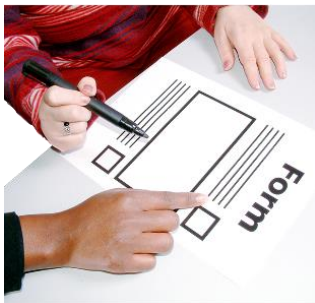
### **Springboard+**

Most of these courses are free but some course you will pay a small amount of money for.

They have course on what jobs are needed most for example computers.

You can find more information on [www.springboardcourses.ie/](http://www.springboardcourses.ie/).





## **Education Financial Supports**

If you need help to pay for an education course, you can get money from the Government. Some examples are:

### **The Student Universal Support Ireland Grant (SUSI)**

SUSI is used by many students looking for support. There are two types of support:

- **Maintenance grants** to help you with your living costs while you are a student. Living costs include paying for bills, rent and food.
- **Fee grants** to pay for your course fees.

It is important to note that you can't get a maintenance grant if you are on a Back to Education Allowance or a VTOS allowance. But you may be eligible for the fee grant.

You must make your SUSI grant application online on [www.susi.ie/](http://www.susi.ie/).

### **Student Assistance Fund**

The Student Assistance Fund is money to help students at universities and some colleges who don't have a lot of money while they are in education.

You can get this and the SUSI Grant at the same time.



## **Back to Education Allowance (BETA)**

If you are over 21 years of age and are not working or you are a lone parent, or you have a disability, then you might be able to get the BETA.

You will need to be getting certain payments from the Department of Social Protection like Jobseeker's Benefit or Jobseeker's Allowance.

When you start a course, you must contact your local Intreo or Social Welfare Office and fill out a form called the BTE1 Form.

## **Training Options**

### **Community Training Centres (CTC)**

A CTC provides training, education and employment services for young people.

To find your local CTC go to [www.iacto.ie/ctcs/ctc-locations/](http://www.iacto.ie/ctcs/ctc-locations/).

### **Specialist Training Providers (STPs)**

STPs deliver a range of training programmes for disabled people.

Courses usually take one to two years and are delivered all year round.

You can get more information by going to [www.fetchcourses.ie](http://www.fetchcourses.ie).





## **Employment Options and Supports**

### **Employment Services Offices**

Employment Services Office helps you find jobs.

Employment Services are delivered by the National Employment Service Offices (NES). There are 60 local Employment Service Offices in Ireland.

To find your nearest go to [www.gov.ie/](http://www.gov.ie/).

### **Community Employment (CE) Schemes**

CE schemes gives you part-time and temporary work placement so you can get new skills and experience for a job.

To get into this scheme, you must be 21 years of age or over.

If you are 18 years of age or older, you might still get into a CE scheme if you are getting certain social welfare payments like Jobseeker's Allowance.

To apply for the CE scheme, you must register at your [local Intreo Centre](#).





### **Work Placement Experience Programme (WPEP)**

This is a 6-month, 30 hour per week work experience programme.

It is optional. This means you don't have to do it.

If you do not have a job but are looking for a job and getting certain social welfare payments for example Jobseeker's Allowance, you might be able to do this programme.

You can apply by going to [www.jobsireland.ie](http://www.jobsireland.ie).

### **Employment Rights**

If you are working, you have what is called "rights". These rights include:

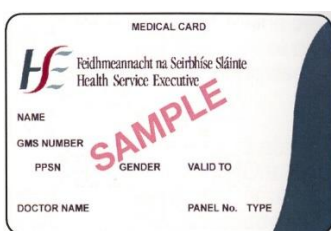
- If you are aged 18 or older, you must get at least €9.04 per hour. This is called "minimum wage".
- In general, you cannot work more than 48 hours a week.
- You have a right to take breaks while you are at work and have rest time between working days or nights.





- You have the right to be treated well, and how people treat you should not depend on your gender, civil status, family status, sexual orientation, age, disability, race, religious belief or if you are part of the Traveller community.
- If you work full time, you get 4 weeks leave from your job each year. Your Job will still pay you for these 4 weeks.





## 5. Health and Childcare Supports

Health and childcare supports come in a number of ways.

These can support you in different areas of your life like money for health services, getting treatment or getting advice.

### General Health

Your Local Health Office is the first place to visit to access a wide range of services like GPs and family doctors, speech therapy, social workers and physiotherapy.

You can find your Local Health Offices by going to the HSE's website. The website address is [www.hse.ie](http://www.hse.ie).

If your income is low, you might be able to get a medical card.

This will allow you to see your GP for free.

To apply go to the website <https://www.mymedicalcard.ie/>



## **Disability Services**

If you have a disability, you can get health services like speech and language therapy, occupational therapy and social work services.

If you have a child aged from 0 to 18 years of age that has complex needs, there are Children's Disability Network Teams.

You can get more information on disability services in your area on the HSE website. The website address is [www.hse.ie](http://www.hse.ie).

## **Mental Health and Wellbeing Issues**

### **Mind your mental health**

Everyone can have issues with their mental health and wellbeing like stress, depression or trouble sleeping.

If you're worried about your mental health you can talk to your GP.

They can offer help and give you information on supports that can help.

You can find more information and support at [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie).

You can also find information about supports and services by calling the YourMentalHealth information line on 1800 111 888.





## Addiction

Addiction means not being able to control doing, taking or using something. This can be to a point where it is harmful to you.

There are many types of addiction, for example you can be addicted to alcohol, drugs, cigarettes or gambling.

The first person you should contact is your GP.

They will be able to help you find a healthcare professional who knows a lot about addiction.

There is also the HSE Drugs and Alcohol Helpline. This telephone line gives you information and tells you about other services.

They can provide advice on where to turn to next if you don't know what the first steps are.

You can contact them on 1800 459 459 or email them at [helpline@hse.ie](mailto:helpline@hse.ie).



## Sexual Health

Sexual health is an important part of wellbeing and it is important to be aware of sexually passed diseases, unwanted pregnancy, sexual violence and discrimination.



The HSE has setup a sexual wellbeing website. The website address is [www.sexualwellbeing.ie/](http://www.sexualwellbeing.ie/).

This website gives you information on things like:

- Sexually passed Infections and free home testing kits.
- Free birth control for women and people with a womb aged 17 to 30.
- Unplanned pregnancies.
- Supports for victims of sexual violence including rape.

## **Family and Childcare Supports**

If you have children sometimes it can be stressful or difficult to manage.



There are supports and services that may help you and your family.

Some supports include:

### **The National Childcare Scheme (NCS)**

The NCS has three types of payments that can help parents with childcare costs. This includes:

1. A universal payment which is not means tested.



2. An income-assessed payment which is means tested. This means they will look at how much money you get from your job or social welfare payments.

3. A special 'sponsor' arrangement". This is for families who are homeless and families who are having a hard time. Not everyone can get this payment. You can get more information and check if you can get this payment by calling 01 906 8535 or email [sponsor@ncs.govie](mailto:sponsor@ncs.govie).

Application for all NCS can be made online on [www.ncs.gov.ie](http://www.ncs.gov.ie).

### **Early Childhood Care and Education Programme (ECCE)**

The ECCE programme is a free pre-school programme for your children.

It lasts for two years and is for children who have not started primary school.

To get a place for your child, you will need to apply to a pre-school that offers this programme.

You can get a list of these services from your local City or County Childcare Committee (CCC) by visiting the website [www.myccc.ie/](http://www.myccc.ie/).





## **Family Resource Centres**

The Family Resource Centre is Ireland's largest family support programme. Services they offer include:

- Information, advice and support services
- Childcare services and after-school clubs
- Counselling and family support services

You can find your nearest centre by visiting the website [www.familyresource.ie](http://www.familyresource.ie).

## **Children and Young People's Services Committees (CYPSC)**

CYPSC have services for children and young people aged under 24 years of age as well as families in every county in Ireland.

They can help people who are homeless find supports to help them for example:

- Teen parent support
- Summer camps
- Youth clubs and cooking programmes for parents, guardians, and supporters.
- Help with money including costs of travelling to school.

You can find the contact details for each local CYPSC on [www.cypsc.ie](http://www.cypsc.ie).



## 6. Additional Information



You can find more information on the supports and services within this guide by scanning the QR code below.



This Easy-to-Read document was developed by the Housing Agency.



This document was proof-read for its accessibility by people with disabilities.

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