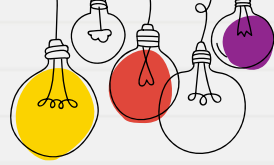


LIVING WITH DYSLEXIA

BY SHAUNA MC KENNA



Hi my name is Shauna and I'm going to write about my life and how I deal with my dyslexia. From a young age I struggled with writing, reading and mostly spelling. I would spend hours learning my spellings but as soon as I began the spelling test, my mind would go completely blank. This was frustrating because I was afraid my classmates would think I didn't try or care about my schoolwork, but truthfully I was trying so hard to keep up. I felt like I had so many amazing stories and ideas but I just couldn't put them into words. Being asked to write on the blackboard in school was my worst nightmare. Reading aloud made me super nervous as I struggled to pronounce words others would find easy. But then I started speech and drama when I was eight and this really did change everything. I was taught how to pronounce difficult words, speak aloud and how to act as confident as I could. I came up with other ways to learn, I usually draw pictures or make up little rhymes. I'm now 16 years old and I accept that I have dyslexia and I'm proud of everything I've achieved. I might have to try a little harder but that makes the reward so much greater.

LIVING WITH DYSLEXIA

BY JEANETTE MURPHY

Hello, my name is Jeanette and I have dyslexia. I struggled with spelling, grammar and writing ever since I was little and my 1st class teacher suggested I get tested for dyslexia and that is when I found out I had it. At the time I didn't really care about it but as time went on I began noticing I was behind compared to most of my classmates. I often found I had to work really hard and yet I'd still fall behind. This as a child often left me feeling discouraged and sometimes still does.

However, over the years I have found ways of coping with it, adapting the way I learn to make it more suited towards me. I learned how to plan out essays which makes them easier to write, I learned how to study using images, flashcards and even sometimes making the material into songs!

Although I still find school work more challenging at times, if given the choice to get rid of my dyslexia was given to me I would decline it. While yes there are negatives to dyslexia it is also important to focus on the positives. I believe dyslexia has played a role in improving my musical and artistic skills, made me more creative and helps me look outside the box.

Dyslexia does not define a person."

HOW CAN SOCIETY HELP?



Dyslexia is legally recognised as a disability and people with dyslexia have the right to have their condition recognised and receive appropriate supports. Awareness about dyslexia is growing, more work is needed to achieve a truly dyslexia friendly society where all people with dyslexia are enabled to fulfil their potential. (10.)

- Don't judge a person based on their dyslexia
 - Don't treat a person differently, they do not lack socialisation skills or lack intelligence
 - Make alternative teaching methods in schools more available to students and suited towards the individual.
- 'Don't judge a fish on its ability to climb a tree' (12.)

FAMOUS FACE

TOM CRUISE

Overcame his dyslexia to become one of the most in-demand actors in Hollywood.



DYSLEXIA AWARENESS WEEK

takes place in October each year



POST-TRAUMATIC STRESS DISORDER (PTSD)

WHAT IS PTSD?

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder which you may develop after being involved in, or witnessing, traumatic events. The condition was first recognised in war veterans and has been known by a variety of names, such as 'shell shock'. But it's not only diagnosed in soldiers – a wide range of traumatic experiences can cause PTSD. **(13.)**



STATISTICS

It is estimated that nearly one third of those directly exposed to the violence on September 11 2001 went on to develop a PTSD. Nearly 5% of men and nearly 10% of women develop PTSD in their lifetime. PTSD is the fourth most common mental health problem in Ireland. **(14.)**



MYTHS

'EVERYONE WHO IS EXPOSED TO A TRAUMATIC EVENT DEVELOPS PTSD'

People respond differently to trauma and not everyone who experiences a horrific event will develop PTSD. Some people experience short-term symptoms, including insomnia, anxiety and depression following a traumatic event. Others may undergo post-traumatic growth, where a person who has been through trauma finds new meaning and purpose in life. **(15.)**



CHALLENGING STEREOTYPES

'ONLY SOLDIERS/ARMY PERSONAL CAN DEVELOP PTSD'

A lot of people think of war veterans when they think about PTSD. While the disorder does commonly affect veterans — estimates reveal that anywhere from 11 to 30 percent of soldiers can develop PTSD in their lifetime. PTSD can occur in people of any ethnicity, nationally, culture or age and it can occur in any other occupational groups. (15.)



HOW CAN SOCIETY HELP?

- **Do “normal” things:** things that have nothing to do with PTSD or the traumatic experience. Encourage participation in exercise or hobbies they enjoy.
- **Be patient:** Recovery is a process that takes time and often involves setbacks. The important thing is to stay positive and maintain support.
- **Educate yourself about PTSD:** The more you know about the symptoms, effects, and treatment options, the better equipped you'll be to help and support, understand what they are going through, and keep things in perspective (16.)



FAMOUS FACE

KEIRA KNIGHTLY

Keira Knightley revealed she was diagnosed with post-traumatic stress disorder PTSD at the age of 22, as she struggled with her sudden rise to fame. (17.)



MENTAL HEALTH AWARENESS WEEK

takes place in May time each year

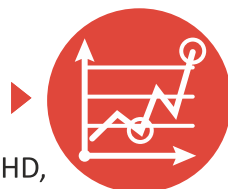
ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

WHAT IS ADHD?



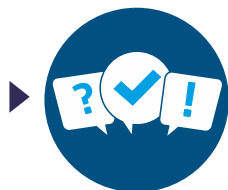
Attention deficit hyperactivity disorder (ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness. Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's settings change, for example when they start school. Most cases are diagnosed when children are 6 to 12 years old. (2.)

STATISTICS



There are an estimated 60,000 children in Ireland have ADHD, however the true figure could be even higher than this, it has been claimed. (18.)

MYTHS



'ADHD AFFECTS ONLY BOYS'

Girls are just as likely to have ADHD as are boys, and gender makes no difference in the symptoms caused by the disorder. But because this myth continues, boys are more likely to be diagnosed than girls. (19.)

CHALLENGING STEREOTYPES



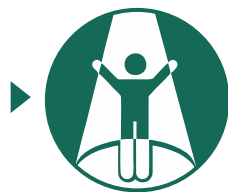
'INDIVIDUALS WITH ADHD CAN'T SIT STILL'

A common stereotype for people with ADHD is the belief that all people with ADHD are hyperactive and unable to sit still or concentrate for any length of time. In fact, many people with ADHD can concentrate for extended periods of time, depending on the level of their engagement with a task. (20.)

FAMOUS FACE

WILL.IAM

Will.i.am – The rapper Will.i.am said his music helps him deal with his ADHD.

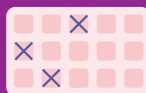


ADHD AWARENESS MONTH

takes place in October each year

►► STRATEGIES TO HELP STUDENTS WITH ADHD

**SCHEDULE TASKS AND WORK
BY USING PLANNERS/CALENDARS**



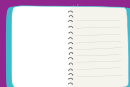
**TAKE NOTES AND/OR
KEEP A JOURNAL**

**USE A QUIET AND COMFORTABLE
SPACE TO WORK**



**SET CERTAIN GOALS
TO ACHIEVE**

**USE TIMERS FOR
WORK SESSIONS**





DEPRESSION

WHAT IS DEPRESSION?

Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. Depression can cause severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. (21.)



STATISTICS

According to Aware, depression is a very common condition which affects 1 in 10 people at any one time, 450,000 people in Ireland alone are diagnosed with depression. Any one of us, irrespective of age, gender or background can be affected. (22.)



MYTHS & CHALLENGING STEREOTYPES

SOME PEOPLE THINK DEPRESSION IS NOT A GENUINE HEALTH CONDITION

They're wrong. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together". The good news is that with the right treatment and support, most people with depression can make a full recovery. (2.)



'DEPRESSION ONLY AFFECTS WOMEN'

Due to social pressures and cultures a lot of men aren't comfortable discussing their feelings or asking for help. As a result, some people mistakenly believe that depression is a disease that only affects women. Women more commonly report symptoms of depression, but it can affect men as well. (23.)

HOW CAN SOCIETY HELP?



Depression can be a hidden disability but recognising the signs of depression can help. Depression has lots of possible symptoms. You may notice that someone:

- has lost interest in doing things they normally enjoy
- seems to be feeling down or hopeless
- has slower speech and movements or is more fidgety and restless than usual
- feels tired or doesn't have much energy
- is overeating or has lost their appetite
- is sleeping more than usual or isn't able to sleep
- has trouble concentrating on everyday things



THERE ARE A FEW WAYS YOU CAN HELP SOMEONE WHO IS FEELING DOWN:

- let them know you care and are there to listen
- accept them as they are, without judging them
- help them to stay active, eat good food and get a good night's sleep
- find support groups and psychological therapy services which may be available
- stay in touch with them by messaging, texting, phoning or meeting for coffee - people who are depressed can become isolated and may find it difficult to leave their home
- try to be patient
- take care of yourself (24.)

FAMOUS FACE

CATHERINE ZETA-JONES

In 2011 actress Zeta-Jones, 41, revealed that she has bipolar II disorder, which causes severe depression. (25.)



MENTAL HEALTH AWARENESS WEEK

takes place in May time each year

DYSPRAXIA

WHAT IS DYSPRAXIA?

Developmental Coordination Disorder (DCD), also known as Dyspraxia in the UK and Ireland, is a common disorder affecting fine and/or gross motor coordination in children and adults. The range of intellectual ability is in line with the general population. Individuals may vary in how their difficulties present; these may change over time depending on environmental demands and life experience, and will persist into adulthood. (26.)



STATISTICS

According to a survey carried out by Dyspraxia Ireland, it is estimated that Dyspraxia/DCD affects up to 8% of the population but due to its varied symptoms, it can often go undiagnosed. (26.)



MYTHS

'KIDS WITH DYSPRAXIA ARE JUST BEING CLUMSY':

Children with dyspraxia typically have trouble with motor skills. This might make them appear to just be clumsy or “out of sync” with their environment. Because of their dyspraxia, kids can have trouble controlling muscles. This includes small muscles, like the ones in their hands. This can make everyday tasks like writing and brushing their teeth a struggle. (27.)



CHALLENGING STEREOTYPES

'YOU DON'T LOOK LIKE THERE'S SOMETHING WRONG WITH YOU'

Dyspraxia is classed as an invisible disorder- this means that the majority of the challenges going on are internal and cannot be viewed from the outside. (28.)



HOW CAN SOCIETY HELP?

- Early recognition of dyspraxia - Children whose dyspraxia is identified at an early stage are less likely to have problems with acceptance by their peers and with lowered self-esteem. (29.)



FAMOUS FACE


DANIEL RADCLIFFE

Daniel Radcliffe the well-known Harry Potter actor has a mild form of dyspraxia. He recently offered some great advice to kids with dyspraxia, "Don't let it stop you, it has never held me back". (30.)



DYSPRAXIA AWARENESS WEEK

takes place in October time each year



The aim of inclusion is to embrace all people irrespective of race, gender, disability, medical or other need. It is about giving equal access and opportunities and getting rid of discrimination.

Inclusion plays a massive part within society. It is important to raise awareness for all types of disabilities; physical, intellectual or invisible/hidden.

“SEE THE ABILITY NOT THE DISABILITY”



USEFUL CONTACTS

Enable Ireland 047 82238	Early intervention service to children aged 0-6 years with a developmental delay/disability/autism or features of autism and who require a team based service Cavan & Monaghan
Holy Family School (049) 555 2257	Special needs national school for pupils aged 4 to 18yrs Cootehill
HSE Early Intervention Team 047 82 238	Provides single therapies to children Physiotherapy , Speech and Language therapy
Errigal Truagh Special Needs Parents & Friends Ltd 047 87680	Providing training and work opportunities for people with intellectual disabilities in the Truagh area of North Monaghan
Monaghan Disability Network Facebook: Monaghan Disability Network	A network of people with/without a disability who advocate for disability rights and meet in Monaghan Integrated Development
National Federation of Arch Clubs Monaghan Branch 353(85) 8676134	A club to provide a social outlet for people with special needs. To develop their social skills, self-esteem and quality of life and provide support. Aimed at members aged 16+ yrs.
Monaghan Sports Partnership – Sport Inclusion Programme 042-9755126	<p>The sports inclusion programme is a joint initiative between both Cavan and Monaghan Sports Partnership, launched in 2008 to assist in helping to address the imbalance in opportunities for people with disabilities to participate in sport and physical activity, which has become an important national goal. . The programme is overseen by an Inter-County Sports Inclusion Committee, which operates as a sub-committee of Monaghan Sports Partnership. Objectives of the programme:</p> <ul style="list-style-type: none"> • Sustainable Participation: To support sustainable participation opportunities for people with disabilities through the provision of quality initiatives, engaging with the existing clubs and the wider community. • Partnerships: To create effective partnerships to underpin the development of sustainable participation for people with disabilities in sport, fitness and physical activity. • Capacity Building: To encourage clubs and volunteers to support the participation of people with disabilities in sport, fitness and physical activity through the facilitation of training, information and awareness raising. • Awareness: To provide information and promote all opportunities for people with disabilities to participate in sustainable sport, fitness and physical activity at local, regional and national level.
Special Olympics Facebook - Special Olympic Monaghan	<ul style="list-style-type: none"> • Monaghan Special Olympics • Clones Erne East Special Olympics
Cairde Activation Centre Ltd. 047 20948	Cairde Activation Centre is a day care centre for adults with intellectual disabilities which endeavours to advance the provision of a community based, high quality service which maximises the individuals's potential independence, active citizenship and community integration.

USEFUL CONTACTS

Cavan Autism Support Group 086 3540 899	Camps and activities for children and adults on the autistic spectrum in Cavan/Monaghan. We run camps during the school holidays, days out, Saturday club: play clay and music therapy, horse riding, parent support group meetings, coder dojo for members and siblings. Catering for ages 3-36yrs
Down Syndrome Centre North East covering Cavan Monaghan Louth and Meath 042 942 3181	The Down Syndrome Centre North East, C-TEK Carrickmacross is run by a group of volunteer parents who aim to provide subsidised essential services for children with Down Syndrome in the community.
Cavan Monaghan Down's Syndrome Association	Down Syndrome Ireland (DSI) is dedicated to being the primary source of information and support to people with Down syndrome, their families and the professional community, working towards an improved quality of life for our members along with a respect and acceptance of people with Down syndrome as valued members of Irish Society.
Monaghan SNAP (Special Needs Active Parents) Facebook: Monaghan Special Needs Active Parents.	SNAP is a parent led support group which was established in 2007 for all families of children with special needs in the Monaghan area. The group provide opportunities for children to focus on their abilities whilst supporting their needs. SNAP also organises courses for parents and monthly support drop in meetings in the Monaghan County Childcare Committee office. Currently supporting 60 families in the county.
Unique Parents support group clonesunique@gmail.com	Support group of parents with children who have additional needs. We aim to help each other with tips and advice we have accumulated through experience gained from our own children.
Parents and Friends of persons with an intellectual disability info@parentsandfriends.ie	The mission of Monaghan Parents and Friends is to promote the right of people with an intellectual disability and their families.

REFERENCE/SOURCES

- (1) www.employerdisabilityinfo.ie
- (2) www.nhs.uk
- (3) www.dcu.ie
- (4) www.beyondblue.org.au
- (5) www.greatergood.berkeley.edu
- (6) www.asiam.ie
- (7) www.autism.org.uk
- (8) www.autism.ie
- (9) www.appliedbehavioranalysisprograms.com
- (10) www.dyslexia.ie
- (11) www.dyslexiaresource.org
- (12) www.prezi.com
- (13) www.mind.org.uk
- (14) www.st.particks.ie
- (15) www.iaffrecoverycenter.com
- (16) www.helpguide.org
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- (18) www.irishhealth.com
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- (22) www.aware.ie
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- (28) www.dyspraxialifemagazine.co.uk
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- (30) www.dyspraxiakids.com

