

# Pleased to Meet You!

Each year, some 2,600 people avail of RehabCare services which range from resource centre activities to home support delivered in people's homes. Here, some of the people who use RehabCare services tell us a little about themselves.



*Therese*

## **THERESE BAXTER, REHABCARE, CARROLL VILLAGE, DUNDALK**

I attend the RehabCare centre in Dundalk. I do lots of things like cookery, music and dance, as well as drama, which I love. I play golf every Thursday and I go to the local gym too. I have lived in RehabCare's supported accommodation since 2001. Four of us share a house. My housemates are very nice – we get on very well and even go on holidays together.

## **KAREN LONG, REHABCARE, CARROLL VILLAGE, DUNDALK**

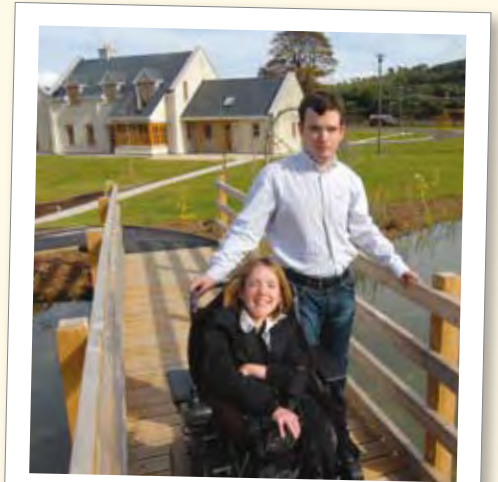
I have been attending a RehabCare resource centre since 2001. One of the things we do here is prepare a person-centred plan. I do this with the help of my key worker, Sandy, and my mum. I set weekly goals like saving up in a credit union and going to an evening class, as well as big goals. My big goal is to work in a clothes shop. I like coming to the centre because I meet my friends and the staff are all very nice!



*Karen*

### **KAREN DALY AND MARCUS MCGRATH, KNOCKLOFTY RURAL RESIDENTIAL SERVICE, CO. TIPPERARY**

We live in RehabCare's rural residential service at Knocklofty in Tipperary. We grew up nearby and wanted to continue to live in the countryside rather than have to move away to a town. Here, we are surrounded by gardens and there's a pond, a piggery and even a hen house. We can participate in gardening and light farming or do activities such as arts and crafts or computer training. We love living somewhere so peaceful and being near to our families.



*Karen and Marcus*



*Rosemary*

### **ROSEMARY SHEELAN, REHABCARE, COES ROAD, DUNDALK**

I have attended a RehabCare resource centre since 1999. I do classes in computer skills and literacy skills as well as art. I also go to the gym and the library and, every Wednesday, I work with a hairdresser. In the future, I would like to work with small animals. I like animals and at home I have a dog, two cats and three new-born kittens.

### **STEPHEN MURPHY, REHABCARE, CARROLL VILLAGE DUNDALK**

I have been attending a RehabCare resource centre since 1998. I like the different classes and meeting my friends. As well as activities at the centre, we go on bowling and archery trips. Two days a week, I go to the horticulture unit. I enjoy planting flowers and vegetables and sometimes we bring the harvested carrots and onions back to the centre and make soup in our cookery class. One day, I would like to get a job in a garden centre.



*Stephen*



*Glenn*

### **GLENN KEATING, RED HOUSE RESPITE SERVICE AND RED HILL SCHOOL, LIMERICK**

Glenn Keating attends Red Hill School in Limerick and says, "I love the social training – going out to different places on the bus. We've been swimming, shopping and gone to a forest. My new friends are Sam, Evan and Cormac and my best friend is Patrick – we love playing in the yard." Red Hill School opened in September 2008 and it is Rehab's first school for young people with autism.