



A Lifetime of Care

A special gift in your Will is the most direct and lasting way of providing a lifetime of loving care and support to those who need it most

Once you have provided for your family in your Will, a gift from you to RehabCare will ensure that your love and compassion for others will continue to touch the lives of people in your community for generations to come.

RehabCare

Investing in People, Changing Perspectives



“ What counts is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.”

Nelson Mandela





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RehabCare

Investing in People, Changing Perspectives



Leaving a gift in your Will offers you the rare opportunity to provide for the people that you love, to support the causes that matter most to you and to celebrate the values and beliefs that you hold so dear

Introduction

Your legacy can last a lifetime

Once you have cared for your family, a gift in your Will can help provide those with a disability the essential support they need to live their life to the fullest, with dignity and independence.

Making a Will is without doubt one of the most important and influential decisions you will ever make.

However, for many of us, the thought of making a Will can, at first, seem slightly morbid or unsettling.

But once you begin to consider making your Will, you quickly realise that it is actually one of the most liberating and empowering decisions you can ever make.

Your Will is a once-in-a-lifetime opportunity to shape the legacy you leave and ensure that the people you care about most can rely on your care and support long after you have gone.

It is also a powerful and profoundly personal declaration of your love and compassion for the people and causes that have made your life so rich. So, when you come to make your Will you will want to care for your family and loved ones first. Nothing is more important.

But once you have cared for your family, you also have the unique opportunity to reach out and support others in your community – especially those who are living with a disability or who are disadvantaged.

By making a special lifetime gift in your Will to RehabCare you can change the lives of people in your community who rely every day on the support, compassion and love of others.

The people who have loved and cared for us are the ones who have made our lives possible. Now your legacy can make it possible for those with a disability to live the life they dream.

There is no more powerful gift.

RehabCare. A unique nationwide community of care and support

From its humble beginnings in 1949 – where ten TB patients were given training to help them return to work – RehabCare has grown into an extraordinary network of community-based, health and care services. All across Ireland and Britain RehabCare now offers anyone living with a disability or disadvantage – young and old alike – the personalised, individual support they need to live their lives as fully and independently as possible.

Care in the community

RehabCare has 54 community-based services across the country providing personalised, one-to-one support for people of all ages and all abilities. No matter what challenge they face – be it intellectual, physical or sensory disabilities, mental health issues, autism or acquired brain injury, RehabCare provides a vital network of support and training for each person.

Care at home

RehabCare's 64 home-based services provide the wide range of personalised supports many people need to remain living in their own home. From Home Help and Supported Accommodation for those with complex needs to Respite Care for exhausted families, RehabCare enables people to maintain their independence and dignity by helping them to continue to live in their home.

Care for people

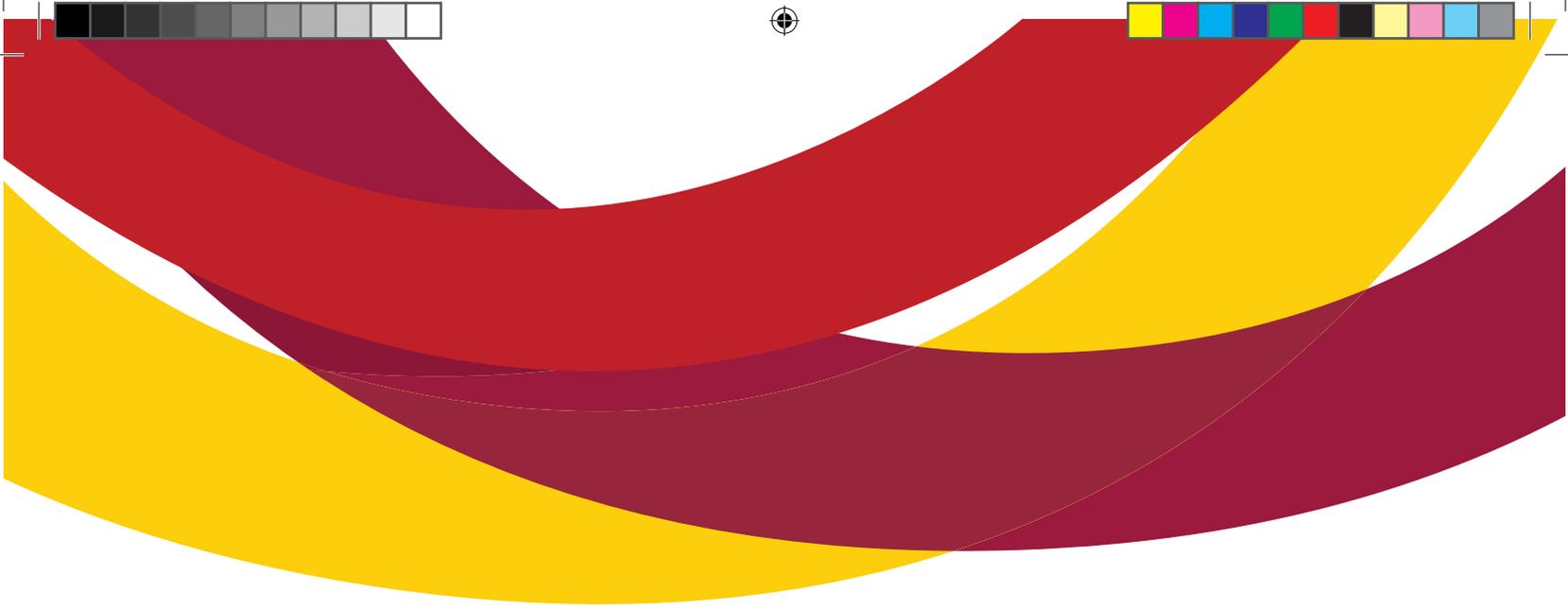
Every person's needs are different, and every person's life is their own. That is why all of RehabCare's services and supports are personalised and specifically designed to match each person's individual needs and choices.

Care for life

RehabCare supports people of all abilities and of all ages from all over the country. And that community of care and support will remain in place for each person throughout the course of their lifetime, to enable them to live the life they choose.

Helping people Shine, Achieve and Thrive





The real power of your legacy

Each and every person who comes to RehabCare shares one dream – to be free to realise their true potential and play a full and meaningful role in their community.

By leaving a gift to RehabCare in your Will you are helping to provide the essential care, support, life skills and vocational training that enables those dreams to come true.

Every month, over 3,000 people rely on RehabCare services for essential care and support.

Every year, over 5,000 people achieve qualifications in Rehab's National Learning Network centres throughout the country.

For some RehabCare means a path back to employment and self-sufficiency.

For others, it means the freedom that comes from being able to travel alone or cook a meal.

For everyone, each day is a step closer to their own personal dream. By making a gift in your Will to RehabCare you can help those dreams come true.

Your gift will inspire lives and your legacy will last a lifetime

“

“We are all treated like we are a family in RehabCare. We’re not judged, we are accepted for who we are. They don’t expect us to be anything other than ourselves. And I am me.”

Katie

Making Katie's dream come true

Katie has been attending the RehabCare Service in Bray Co Wicklow for over three years. In that time, with the help and support of the RehabCare community, Kate has transformed her life.

"I have learning difficulties and ADHD and I was bullied before. They were calling me names and jeering me because I had a disability and there were some things I had difficulty with that others might get straight away."

Like so many with hidden disabilities, Katie's confidence and self-esteem were very low. But from the day that she first came to RehabCare our dedicated and skilled staff have been helping Katie choose a programme of activities and skills-based classes to help her develop the skills she will need in her life.

"RehabCare is really important to me. I get to do cooking and art classes and jewellery making and basketball. And now I am learning sign language."

With the right support, Katie has embraced every opportunity and every challenge. Katie is well known for being a wonderful friend and great helper for the other clients in the centre. Twice a week she stays behind late to help her tutor give sign language lessons to some local Leaving Cert students.

"We all want to be treated the same with the same opportunities as everyone else. I don't want to be treated differently just because I have learning difficulties and ADHD."

Like Katie, every client in Rehab is helped to create a personal set of goals.

"From the time I was 12 I wanted to work with children."

Today Katie is beginning her greatest challenge and realising her lifelong dream. Very shortly Katie will begin a two-year course in childcare work which is tailored and paced to meet her requirements.

To help her prepare for her new challenge Katie is now undertaking extensive travelling training with her support team from RehabCare. Step-by-step they will help Katie develop the skills and confidence to be able to travel across town on two buses to attend her childcare course. That simple but vital skill is a perfect example of how the dedicated support of RehabCare can transform someone's life and open the door to a life full of possibilities.

"When I told my grandparents I was starting my course they jumped for joy. I don't think they can wait for the day I ring to say I got my diploma. I can't wait for it either."

“Some people only see the disability, but I am a mother and grandmother. I was very active before having a brain haemorrhage. I came to the service and found it very supportive. We’re all very supportive of each other. We rally around each other.”

Anne Coyle



How we care for each other is the truest measure of who we are

We all know that the simple act of caring for another is the greatest gift we can ever give because we all received that gift at one time or another.

Throughout our lives it has been the inspiration and dedication of our teachers and mentors that has helped us to shine.

It has been the constant and unshakeable love of our families that has helped us achieve our dreams.

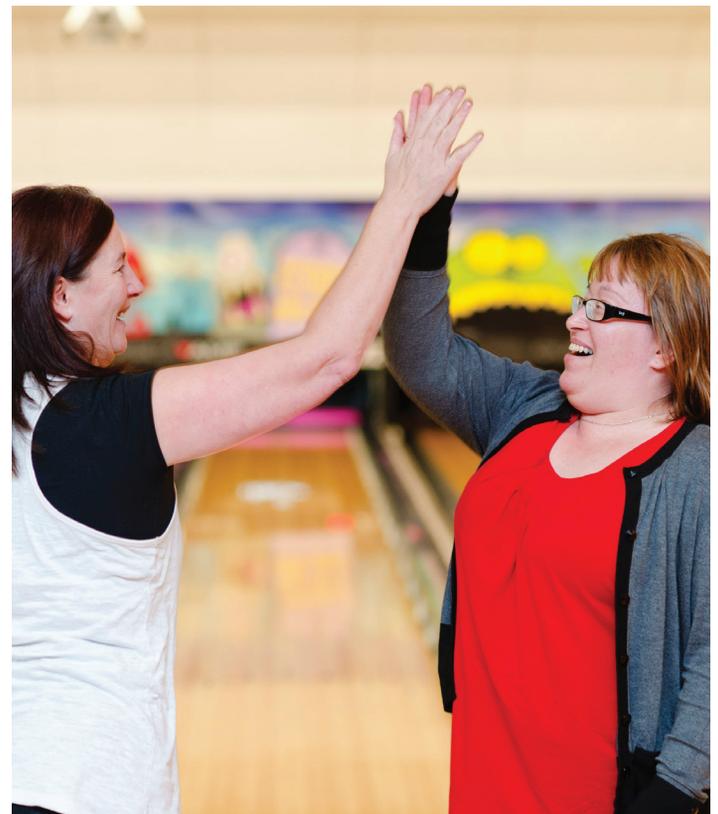
And it is the loyal and empowering support of our community that allows us to continue to thrive.

Leaving a gift in your Will is a unique opportunity to continue to support and care for your family and your community long after you have gone.

A special gift in your Will to RehabCare will offer that same lifetime of support and care to the people who need it most – those in our community who are living with

disabilities and those who are most disadvantaged.

Your legacy gift is a simple but profound act of care and compassion which will inspire and change lives. And it will be a lasting testimony to people who inspired and changed you.





The joy of giving back. Alanna's legacy of love



During her short life, Alanna Russell not only benefited from the loving care of others, she also left the most extraordinary and caring legacy of her own.

Alanna was born on the 4th of December 2009, a short while after her twin sister Isabelle had passed away. Within days her parents, Keith and Ruth, realised that their gorgeous little daughter had very complex needs.

Alanna's dad Keith remembers the difficulties Alanna had to overcome:

"Alanna couldn't talk. She couldn't walk. She didn't have the use of her arms and she couldn't eat."

But despite her disability, Alanna's spirit always shone through.

"Alanna loved devilment. If she knew you were doing something you weren't supposed to be doing she would roar laughing."

Though Alanna brought endless joy to her family, the challenges that she and her family faced were immense.

"She never slept, maybe half an hour at most. She screamed for about four or five years solid. Ruth would be up with her for four or five nights in row caring for her. I would take over at the weekend. It was 24/7 care."

RehabCare offers families like Alanna's essential respite care so exhausted families can get a break to rest or spend some much-needed time with their other children. Just after she turned six years old, Alanna started to attend the Meadows, a RehabCare respite centre in her native Navan.

"The care Alanna got there was just brilliant. It's impossible to realise how important it is until you have a child who needs that level of care."

In fact, the support that Alanna received in RehabCare was so important to Keith and his family that they decided to do whatever they could to make sure that other families could get the same support. And so Keith and Alanna decided to run the Dublin City Marathon to raise funds to buy a new bus to bring children like Alanna to and from the respite centre.

"Alanna absolutely loved the running. Every Sunday morning I'd wake her

up and say, 'Are you going running?' and this big smile would appear on her face."

And then, after many late nights and many more early Sunday mornings, Alanna and Keith completed the race – making Alanna the youngest ever person to complete the Dublin City Marathon.

Sadly, Alanna never got to see the bus she helped to fund. She passed away on December 13th 2017, a few months before Keith and his family presented the bus to the children who would use it.

But Alanna's remarkable legacy lives on. You can see it drive around Navan on any day of the week. Helping to bring essential care and support to children with special needs.

"It's bittersweet but your heart skips a beat every time you see it. Many people go through life without leaving a mark. Alanna was only here for eight years but she has left a massive footprint."



"Anyone who is thinking of leaving a gift to RehabCare should know that all these kids are going to benefit from it. Whether it helps do up the garden or get a new bed hoist, they all will benefit. And you can take that satisfaction away with you."

Keith Russell

How a gift in your Will can change lives for generations to come

Every gift, no matter how big or small, will change lives

All of RehabCare's services are individually and personally designed to meet each person's specific needs and wishes. Your gift may provide a lifetime of support or simply a night of respite care. But every gift, every moment, every kind word and every helping hand can help someone to live with the freedom and independence they dream of.

The power of your gift will last a lifetime

For those living with a disability or anyone who is marginalised in society, the need for support and quality care will continue throughout their life. Indeed, for many, that need will increase with age. By making a lasting gift in your Will to RehabCare you will be helping to ensure that every disadvantaged person can rely on our extraordinary community of care and support throughout the course of their lifetime.

Your vision will drive the highest standards of care

RehabCare is dedicated to providing the highest standard of person-centred services to those in your community who need support to live a full and independent life. Your legacy will enable us to constantly develop and improve those services, ensuring that we can employ the very latest methods and technologies to meet the ever-changing needs and wishes of those who rely on our services.

Your gift will be an inspiration

A gift in your Will to RehabCare will unlock the door to a world of possibility and hope for so many disadvantaged people. By helping to provide the person-centred training, support and care that people need, your legacy will provide them with the skills they need to live as a full and independent a life as possible.

Your legacy will offer the choice of a more caring and supportive future

Choice is the most empowering gift you can ever give. Every RehabCare service is designed to meet the specific requirements and needs of each individual. A gift in your Will can help secure the future of those services – ensuring that those who rely on our support can continue to choose their own care.



Your gift and your kindness will never be forgotten

The way in which we care for each other is one of the truest measures of who we really are. Leaving a gift in your Will to support those who are most disadvantaged is one of the most powerful and inspiring ways of ensuring that your love, your compassion and your kindness live on in the example you set and the memories you inspire.

Your legacy will set a wonderful example for generations to come

By using your legacy to help provide support and care to disadvantaged people you are also setting a wonderful example for your family, your community and the generations that follow. You are clearly demonstrating the real strength of our families and communities lies in the way in which we care for and support each other.

A gift in your Will can ensure that vulnerable and disadvantaged people receive the support they need to achieve the independence they deserve.



Rehab – An ever-growing community of care

Since its humble beginnings in one room in Dublin in 1949, Rehab has become one of the leading disability agencies in Europe. The Rehab story is a resounding testimony to the power of community-based care and the incredible possibility that lies in each and every person – regardless of disability – to thrive, achieve and shine in their own way.



1949-60 It begins with a simple idea



1949 The Rehabilitation Institute of Ireland is formed in 1949 in a one-room centre in Pleasants Street in Dublin, offering training to ten people with TB to help them return to work.

1952 The service expands to two new service centres in Cork and Limerick.

1950-60 Throughout the 1950s and 60s Rehab lobbies government and campaigns to improve benefits and access, and to ensure a better quality of life for people with disabilities.

1970s Demand for services grow



1973 There are now 350 people in Skills Training and Work Preparation training.

1975 The first ever Rehab People of the Year Awards takes place to celebrate those who have helped to improve their communities.

1983 There are now 1,655 people in training programmes with community workshops in 25 counties nationwide.

1980s Rehab revolutionises care and training

1987 Ground-breaking and pioneering Individual programmes are launched setting the standard for a new person-centred way of training.

1988 Rehab Lotteries launched as major fundraising initiative.

1990 Rehab begins operating services throughout Britain.

1990s **The Rehab family of services is born**



1994 Rehab is renamed The Rehab Group to reflect the massive diversity of services. There are now 2,264 people in training programmes across the country.

1995 RehabCare becomes the home for all our community based services for people with disabilities such as day, home-based, respite, residential and outreach services.

1998 1,326 people benefit from RehabCare services.



2000 Rehab Group has services and enterprises in Ireland, Scotland, England, Poland and the Netherlands.

2005 RehabCare's major Suicide Prevention programme is launched by former US president Bill Clinton.

2007 Rehab Enterprises now employs 222 people with a disability.

2000s **Rehab Services continue to grow and are now at the centre of every community in Ireland**

Today **A thriving community of care and support**

RehabCare has 54 community-based services and 64 home-based services across Ireland

Over 3,000 people use RehabCare services each month

Rehab Enterprises continues to be the largest employer of those with a disability in Ireland

With world-class facilities in place throughout Ireland and Britain, Rehab is now one of Europe's most dynamic disability organisations. Many of Rehab's programmes are now being replicated across Europe

Our clear and solemn promise to you

How RehabCare will protect your legacy

Leaving a gift in your Will is one of the most important and powerful decisions you will ever take. It is essential that you are able to make that decision with complete confidence and trust.

If you are considering leaving a lifetime gift to RehabCare to help support those most disadvantaged in our community, we want you to know that your gift and your legacy are completely secure. So please remember:

Your family comes before everything

Your family is more important than anything. Before you leave a gift to RehabCare in your Will we will always remind you to make sure that you have cared for your family first.

Your Will is completely confidential

Your privacy and your wishes are paramount to us. We promise we will never share any of your personal details or any details of your gift with anyone or with any other organisation without your expressed written permission.

You can remain anonymous if you wish

The contents of your Will are – and always will be – completely confidential. If you do not wish us to know that you have left a gift to RehabCare, or are considering doing so, that is entirely your choice.

But if you chose to do so, we would be enormously grateful and we would love to have the opportunity to thank you personally and keep you up-to-date with the many developments and innovations that your legacy could help to achieve.



Remember you can change your Will whenever you wish and as often as you wish.

You are under no obligation whatsoever

If you do plan to leave a gift in your Will to RehabCare you can still change your mind at any stage. Even if you have told us that you were planning to leave a gift to RehabCare you are under no obligation to do so.

Your gift will always be used where it is needed most

We promise that RehabCare will use your gift where and when it is needed most to support services that make a real and lasting difference to the people who use them.

You can decide where and when your legacy is used

RehabCare provides an enormous range of health and social care services all over Ireland. The diversity of our services is only matched by the diversity of the people who avail of them. You can, if you wish, choose which Rehab service or service centre your gift is used to support.

You can change your mind at any time

It is important to remember that you can change your Will at any time and you can change it as often as you wish. Simply contact your solicitor and inform them. And if you do change your mind you are still under no obligation to inform us in any way.

We will always be on hand to help

If you ever want any more information about leaving a gift in your Will or about the work of RehabCare and our many services nationwide, please do not hesitate in contacting us. We would really love to hear from you and our team will always be on hand to help in any way we can. Just call Gary on 01 205 7213 or email gary.brady@rehab.ie

My name is Kevin Byrne. I am 66 years old.

I was brought up on a farm in Walkinstown. After my father died my mother had to sell the farm and we got a house on Templeogue Road. Then after my mother passed away, myself and my sister went our own way. I have lived in my apartment in Harold's Cross for 22 years now.

I have a big family. I have six sisters, four nieces, nine nephews, four grandnephews and two grandnieces.

I started coming to RehabCare in 1983 when my mother got me a place here. When I started, I was working in printing. I really liked it. We printed t-shirts and sweatshirts. I even had my own special design on one of them.

When the printing closed I went into packaging. Then afterwards I worked in the charity shop.

I'm here 32 years now. I know the place inside out. I'm going to write a book about it all some day. I have seen so many changes but I like the programmes we do now. I like the staff. They are really helpful and they listen and that is really important.

Most of my life I have suffered from nerves and anxiety. Coming here helps. My confidence is better now. If I have any problems I just talk to the staff.

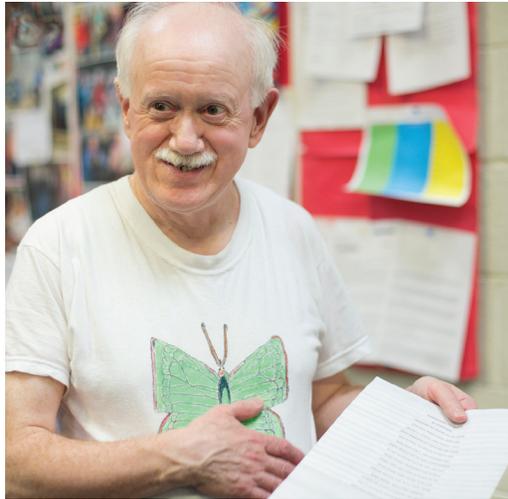
RehabCare is a huge part of my life. It's like a second home. I think this organisation is really good. They help a lot of adults who are living with a disability.

I'm very proud of RehabCare. They've made a big difference in my life.

Kevin

Care for a lifetime

Kevin's story



Most importantly, Kevin has learned the life skills that have enabled him to live independently in his own apartment for over 22 years.

Today, at the tender age of 66, Kevin continues to thrive. He also continues to set new goals for himself and recently began a college course in computers.

Thanks to RehabCare and the generosity of our supporters, Kevin is still looking forward to the future.

"I am really happy here and I am really hopeful" – Kevin

RehabCare supports people of all ages and at every stage of their life. For some people RehabCare is a lifelong source of essential and empowering support.

Kevin Byrne has been coming to Rehab for most of his adult life. Kevin has a mild-to-moderate learning disability but, for over 32 years, RehabCare has enabled Kevin to thrive and enjoy a full and independent life.

Every RehabCare programme is unique and is designed specifically to enable each individual achieve their own personal life goals. With the support of the RehabCare, Kevin has already achieved many of the goals he has set. He has learned how to use email, he has met the President and he has cooked a meal for the staff and other service users in the RehabCare centre he attends.



Questions & Answers

Q. How do I take care of my family and still leave a gift to RehabCare?

A. After you have cared for your family there are many ways you can leave a powerful and lasting gift to RehabCare.

When you are considering making a Will, the first and most important step is to make sure that you have cared for your family and the ones you love. They are the most important people in your life and they are the ones who will continue to depend on your love and kindness long after you have gone.

But once you have cared for your family, you can help provide that same love and kindness to the most disadvantaged people in your community by making a gift to RehabCare. You can leave a specific sum or simply request that a small part of your estate go towards helping RehabCare to provide life-changing support and care for many years to come.

Q. I could only leave a small gift, can that help in any way?

A. Every gift, no matter how large or small, will make a real and lasting difference.

Your gift, no matter how big or small, will be used where it will have the most impact whether that be providing one night of respite care to an exhausted family or a lifetime of educational support to a child with learning difficulties. Every gift will help to change a life.

Q. What do I do if I have already made a Will?

A. Simply inform your solicitor that you wish to change your Will.

If you have previously made a Will but would now like to add a gift to RehabCare you can do so. Simply inform your solicitor that you wish to change your Will to include a gift to RehabCare. It's as simple as that. And remember you can change your Will as many times as you wish.

Q. What happens if my circumstances change and I want to alter my Will.

A. You can change your Will at any time and for any reason.

We cannot stress this enough. Your Will is entirely yours to control. There are no limits and no restrictions. So if your circumstances change or you decide to alter your Will for any reason, simply contact your solicitor. And remember, changing your Will is a really simple and quick process.

Q. I have heard that charitable gifts in a Will are tax free. Is that true?

A. Yes.

Gifts in your Will are normally subject to tax, once they pass the level of the current threshold. (Your solicitor can advise you about the current thresholds). But when you leave an inspiring gift in your Will to RehabCare or any other registered charity, it is entirely tax free. That means that all of your wonderful gift will go directly towards helping the people you wish to support.

Q. I'd prefer my Will to be confidential. Do I have to inform RehabCare about my decisions?

A. No.

Your Will is a deeply personal and private matter. If you wish to make a special gift to RehabCare in your Will, you do not have to inform us that you are considering doing so. And if you do, we will always respect your privacy and will never share your information with anyone without your expressed written permission.

Q. I am planning to leave a special gift in my Will to RehabCare. What is the best way to do it?

A. Thank you. The best way to make a gift is to tell your solicitor that you wish to make a special gift to RehabCare

The best and most efficient way to leave a gift to Rehab is to contact your solicitor. But you can also help us plan for the future by letting us know that you are leaving an inspiring gift to RehabCare. Simply fill out the Legacy Pledge form that came with this brochure and send it back to us. Knowing that we have your support allows us to plan for the future with confidence.

Remember, you are under no obligation whatsoever and can change your Will at any time.

Q. I am considering leaving a gift in my Will to RehabCare. Who can I talk to about it?

A. Talk to us and talk to your solicitor.

If you have any questions or queries about your Will or about how your gift can help the work of RehabCare please contact us. Our team is always on hand to offer whatever advice or information you may need. Just call Gary on 01 205 7213 or email gary.brady@rehab.ie. Or you can simply talk to your solicitor. They will gladly guide you through the simple process of making your Will.



The Rehab Family

RehabCare is part of the extended Rehab Group charity, a unique family of services that supports over 20,000 adults and children and champions the value of diversity and inclusion for people with disabilities or disadvantage in their communities throughout Ireland and Britain.

RehabCare Providing over 160 community based resource centres, residential and respite care, supported accommodation and home help to over 3,000 people of all ages across Ireland.

National Learning Network Providing training, education and employment placement services to 14,000 students with disabilities, mental health issues or who have experienced a set back in their education in 50 locations around Ireland. Every year over 90% of our students progress to further education or employment.

Rehab Enterprises Ireland's largest single non-government employer of people with disabilities. Over 200 people with disabilities are employed by Rehab Enterprises, in businesses ranging from recycling to retail services.

Rehab in Britain

Momentum Providing vocational rehabilitation, training, social care services and meaningful employment to disadvantaged people and those with disabilities across Britain.

TBG Learning Providing youth and adult learning to socially disadvantaged groups such as the long-term unemployed or those who have basic skills-training needs.

How to make a gift in your Will

After your family and friends are taken care of, if you wish to leave an inspiring lifetime gift in your Will to RehabCare the easiest and most secure way to do so is to contact your solicitor and inform them of your decision.

However, if you wish to make your own Will please make sure that you use one of the following approved wordings:

To leave a specified sum of money

I give the sum of [.....] to RehabCare, Roslyn Park, Beach Road, Sandymount, Dublin 4, Ireland Charity Reg: CHY4940

Option B.

To leave a portion of your estate

If you wish to leave whatever is left over of your estate (a residuary gift) after you have cared for your family, you can use the following wording:

I give to RehabCare, Roslyn Park, Beach Road, Sandymount, Dublin 4 Ireland Charity Reg: CHY4940 all (or you can specify a fraction here) of the residue of my estate.

The simplest and best way to make a Will, or change your existing Will, is to tell your solicitor you wish to do so. They will guide you from there.



Want to know more?

Making a Will is one of the most important decisions you can make. You should always consider your choices very carefully and get as much advice as you feel you need.

If you would like any more information about the process of making a Will or about how your gift will be used by RehabCare to help change the lives of those who are disadvantaged, please just give us a call.

Phone Gary at 01 205 7213 or email gary.brady@rehab.ie

Our advice is completely free and totally confidential.

Or if you simply would like to know more about RehabCare, or the extraordinary people who rely on our services, please let us know. We would be only too glad to answer your questions or show you around any of our service centres throughout the country.

RehabCare is at the heart of every community and your compassion and kindness are at the heart of everything we do.

Please join us.

“I’ve so many friends here, it’s such a good community of people. I’ve been supported to live an independent life by exploring technology. I’m now able to communicate better. I’m able to text my friends on my mobile using Eye Gaze.”

Lisa Boylan who attends Park House in Stillorgan





**A gift in your Will to
RehabCare can offer the
most marginalised and
disadvantaged people in our
community the hope of a
brighter, more independent
life – full of hope,
opportunity and dignity**

**For more information
contact Gary Brady**

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Ireland Charity Reg: CHY4940
Company No.: 14800
Registered Charity No.: 20006716

RehabCare
Investing in People, Changing Perspectives