



SPECIAL EU PROGRAMMES BODY

Project Case Study: The Changing Lives Initiative-Parental App

THEME:

Health: Cross-border Health & Social Health

FUNDING (ERDF+MATCH):

€2,662,684.15

MATCH FUNDERS:

Department of Health Northern Ireland & Department of Health, Ireland

LEAD PARTNERS:

Clondalkin Behavioural Initiative Ltd (Archways)

PROJECT PARTNERS:

Dundalk Institute of Technology, Colin Neighbourhood Partnership, NHS Highland, The Genesis Programme

PROJECT CONTACT:

criordan@archways.ie

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End Date: 31/10/2020



changinglivesinitiative.com



@changingliveslouth



@CLI_Louth

The Changing Lives Initiative is working to create a better understanding of ADHD, providing an early intervention programme for families with children aged (3-7) experiencing behaviours consistent with ADHD. To date, the project has provided an intervention to over 1,400 families.

In early March 2020 the project celebrated the launch of an innovative new app that will provide parents with in-depth information on Attention Deficit Hyperactivity Disorder (ADHD) tailored strategies and support tools.

The new app will support remote and rural delivery of the intervention to families and will provide access for those who cannot access the programme face-to-face. It will help families understand what ADHD is and provide practical strategies and tools for parents to use with their children. It is particularly relevant for parents who have concerns about their child's behaviour, but are not yet sure if their child has ADHD. In addition, the app will be extremely useful for those working with children in helping them understand ADHD and how they might support children who have issues with inattention, hyperactivity or impulsivity. The app can be accessed [HERE](#)

“Information is key to parents understanding what might be going on with their child and how to support them. It can be hard for parents to get away and find time to come to workshops, so having information and resources available via an app is a great innovation. I'm really excited to see the app and share it with family and friends.”

Karen Morgan, a parent who has benefited from the project



A depiction of the app