



A guide for **Gaisce - The President's Award** **CONTACT US TODAY!**



Hi!

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THE Alzheimer
SOCIETY OF IRELAND



GAISCE
CHALLENGE
PARTNER



Gaisce – The President's Award

Gaisce – The President's Award is Ireland's National Youth Award, a direct challenge from the President of Ireland to support young people aged 14–25 to realise their potential. Through a proven Positive Youth Development programme, Gaisce provides structure, support and certification for non-formal learning. The Award encourages young people to flourish through challenge, engage with their communities, build self-belief and skills, embrace wellbeing and adventure, and gain recognition for their achievements.

Gaisce has three progressive award levels, Bronze, Silver and Gold. Participants complete activities across four Challenge Areas: Personal Skill, Community Involvement, Physical Recreation and an Adventure Journey, with increasing time and commitment at each level. The Award is non-competitive and participant-led.

Gaisce Challenge Partners are organisations where Gaisce participants can complete one or more of their Challenge Area activities. In some instances, they can act as activity supervisors who sign off on a participant's engagement with the activity or experience.

To learn more about Gaisce- The President's Award, go to, www.gaisce.ie

The Alzheimer Society of Ireland is proud to be an official Gaisce Challenge Partner.

Challenge Partners support young people in completing activities, supervising participation and signing off progress.

How ASI supports your Bronze Award:

The Alzheimer Society of Ireland, as a Gaisce Challenge Partner, supports young people completing activities and supervising progress. Through the Creating a Dementia Inclusive Generation programme, ASI helps participants fulfil Bronze requirements for the Personal Skill and Community Involvement challenge areas, while making a positive difference for people living with dementia.

A suggested activity pathway for Bronze participants is provided overleaf. Contact communityengagement@alzheimer.ie today!



PERSONAL SKILL



COMMUNITY INVOLVEMENT



ADVENTURE JOURNEY



PHYSICAL RECREATION

Personal Skill

1



LEARN



Complete **The Brain from the Fantastic to the Forgetful** online course

2



DELIVER



Prepare and deliver **three lessons to peers** using the Peer Education Toolkit

4



TAKE PART



Take part in a **competition or showcase** (e.g. Young Social Innovators, Young Scientist, DCU Intergenerational Solidarity Awards) by developing an innovative idea to raise dementia awareness or support those living with dementia

3



SHARE



Write and deliver a **short talk on the importance of dementia-inclusive language**, delivering it to your class or school during an assembly or your community as part of an information evening.

5



CREATE



Create a **poster** aimed at increasing dementia awareness and reducing the stigma surrounding dementia for your school.

6



DOCUMENT



Document your activities and **celebrate your impact**.

Community Involvement:



Set up a Friends of ASI team in your school and take on leadership roles.



Share dementia information in your community (posters, leaflets, and info stands).



Host a dementia themed film screening or information evening.



Assess a local place and suggest ways to make it more dementia friendly.



Volunteer with a dementia inclusive initiative (e.g. Alzheimer Café, choir, social club).



Organise a school or community fundraising event for people living with dementia.



Volunteer in a care home, day centre, or with someone living with dementia.



Research and compile a list of dementia support services available in your local area.



Document your activities and celebrate your impact.



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**If you or a loved one needs support
call our Helpline 1800 341 341**