



## Training courses 2018

We can offer a range of training to meet the needs of your service.

Training can be tailored and delivered near to you or in-house.

All training courses are designed and delivered by occupational therapists.

### Contact details:

- [www.hertsbedsot.co.uk](http://www.hertsbedsot.co.uk)
- [info@hertsbedsot.co.uk](mailto:info@hertsbedsot.co.uk)

<b>Training Course</b>	<b>Course length</b>	<b>Course Detail</b>
Skill development for adults with mental health issues and / or learning disabilities	1 day	3
How to run skill development groups	1 day	3
Understanding sensory issues for people with autism	1 day	4
Understanding and teaching social skills for people with mental health and/or learning disabilities.	½ day	4
Learning key signs to help communication	2 hours	4
How to support people with learning disabilities to learn skills for independent living.	1 day	5
Learning Disabilities Awareness	½ day	5
Getting the most out of people: re-motivation and engagement	½ day	5
Creating visual resources to promote independence	½ day	6
Ideas for in house activities – ideal for activity coordinators	½ day	6

**Handouts and booklets will be issued to each participant**

## **Skill development for adults with mental health issues and / or learning disabilities**

### **The aims of the training are:**

- To have knowledge and skills how people with learning disabilities best learn daily living skills
- To have knowledge and skills on the different types of supports and when to use them
- To have an understanding on how to monitor change over time (outcome measures)
- To understand the use of task analysis to increase participation in activities
- To have knowledge, skills and understanding on how to run groups for people accessing your service.
- To develop an individual reflective action plan.

## **How to run skill development groups**

### **The aims of the training are:**

- To have a better understanding on how to develop skills for people with LD and mental health issues
- To increase confidence and skills for when running skill development groups
- to have a better appreciation of communication and sensory issues and how this can impact participation.
- To develop skills for grading activities in order to get the best out of people you work with.
- To understand group dynamics
- To plan, run and evaluate therapy groups.

## **Understanding sensory issues for people with autism**

### **The aims of the training are:**

- To have a better understanding on sensory processing and how it impacts on behavior, community and engagement in everyday tasks.
- To have appreciation on what sensory processing difficulties may feel like
- To have a better understanding on what to do when someone has sensory processing difficulties
- To have knowledge and skills to develop an individual's sensory profile

## **Understanding and teaching social skills for people with mental health and/or learning disabilities.**

### **The aims of the training are:**

- Understand the theory of social skills for people with learning disabilities
- Understand the foundations for communication and social intervention
- To be given a suggestive plan for skill teaching social skills
- To practice running a social skill group
- To understanding group dynamic and how this may impact on teaching social skills
- To have a list of ideas for teaching social skills in the future

## **Learning key signs to help communication**

### **The aims of the training are:**

- To learn the foundation of why signing is helpful
- To understand how signing can enhance communication
- Learn key signs for your service
- Practice the signs with fun activities

## **How to support people with learning disabilities to learn skills for independent living.**

### **The aims of the training are:**

- To have knowledge and skills how people with learning disabilities best learn daily living skills
- To have knowledge and skills on the different types of supports and when to use them
- To understand the use of task analysis to increase participation in activities for daily living
- To share paperwork on how to monitor skill development
- To develop an individual reflective action plan.

## **Learning Disabilities Awareness**

### **The aims of the training are:**

- To understand key documents and policies
- To have knowledge and understanding of the needs of people with learning disabilities
- To develop skills on how to communicate effectively to people with learning disabilities
- To have a better understanding of how making simple adjustments can make a big difference.

## **Getting the most out of people: re-motivation and engagement**

### **The aims of the training are:**

- To have an understand of the theory of motivation and what can impact on engagement.
- To have knowledge and skills on how to re-motivate people in activities of daily living activities.
- To feel more confidence when working with people who lack motivation.

## **Creating visual resources to promote independence**

### **The aims of the training are:**

- To have develop knowledge of symbolic theory and how this impacts on visual information
- To have a list of ideas of the types of visual aids used including timetables, sequence boards and communication books.
- To have confidence creating visual aids for skill development
- To understand why visual aids are important for promoting independence.

## **Ideas for in house activities – ideal for activity coordinators**

### **The aims of the training are:**

- To understand the best practice in terms of residents' rights to engage in daily activities that support their health and wellbeing.
- To be given a list of practical ideas for a range of activities
- To feel confident with giving activities to people in the later stages of dementia
- To have ideas for multisensory stimulation
- To have an understanding how to offer and run group experiences

## **Feedback from past training courses**

**‘Very helpful training well presented and very thoughtful’**

**‘All the activities were very helpful and made the training more fun’**

**‘You know your stuff’**

**‘Fantastic training, well presented and interesting’**

**‘You’re a great trainer. The session was very informative’**

**‘I enjoyed the session and thought it was well organised. The content well explained’.**

**‘Great group interaction and activities fun’**

## Prices for training course

- Full day training £600 for up to 20 people
- Half day training £300 for up to 20 people
- 2 hour training £150 for up to 20 people

Price includes all the course material, handouts and booklets.

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