Courses for health professionals

Course title		Learning Outcomes	Key Topics Covered	Cost	Duration
Adapting Healthy Lifestyle Interventions for People with Intellectual Disability	What is Intellectual Disability?	• Understanding of intellectual disability and its impact on day-to-day functioning.	• About intellectual disability • Causes of intellectual disability	FREE	20-30 min
	Understanding Health Challenges and Barriers to Healthy Lifestyle Participation	• Knowledge of the health status of people with intellectual disability, including individual and systemic contributors to lifestyle-related risk.	• The health status of people with intellectual disability • Abnormal weight status • Sedentary lifestyles and low levels of physical activity • Unhealthy dietary intake • Understanding barriers to participation		20-30 min
	Making Practical Adjustments to Healthy Lifestyle Design and Delivery	• Knowledge of necessary adjustments to ensure healthy lifestyle program design and delivery to people with intellectual disability. • Ability to adjust communication and intervention delivery to the needs of people with intellectual disability. • Ability to identify common sources of motivation for people with intellectual disability. • Ability to adjust the intervention to account for common physical comorbidities experienced by people with intellectual disability. • Ability to adjust the intervention to meet the needs of older adults with intellectual disability. • Ability to adjust the intervention to account for socio-economic disadvantage.	• Adjusting communication and planning intervention content • Creating motivation and keeping people engaged in the intervention • Accounting for co-occurring health problems • Adjusting for socio-economic disadvantage		20-30 min

	Working Collaboratively and Managing Challenging Behaviours	• Knowledge of necessary adjustments to ensure inclusive healthy lifestyle program design and delivery to people with intellectual disability. • Understanding of the importance of engaging with carers and other members of the person's support team. • Understanding of potential contributors to challenging behaviour and how to respond appropriately.	• Working collaboratively • Managing challenging behaviour		20-30 min
	Tailored Teaching Resources	• Knowledge of tailored lifestyle resources that have already been developed for people with intellectual disability and how to access them.	• Healthy lifestyle • Smoking, alcohol and other drugs • Weight management • Healthy eating • Healthy drinking • Meal planning • Exercise • Diabetes • Sleep hygiene • Sample healthy lifestyle programs		20-30 min
Introduction to Intellectual Disability		• Understand the diagnostic criteria for intellectual disability, and the complexity and limitations of these criteria. • Understand the classification of different levels of intellectual disability. • Understand the diversity of causes of intellectual disability. • Be aware that intellectual disability affects different people in different ways. • Identify signs that a person may have intellectual disability. • Use the correct terminology. • Seek information to understand each person's unique support needs.	• What is intellectual disability? • Classification of intellectual disability • Recognising that someone has intellectual disability • Terminology • Causes of intellectual disability	$15	30 min

		Learning Objectives	Topics	Price	Duration
Living with Intellectual Disability		• Understand that people with intellectual disability have poorer health outcomes than the general population. • Recognise the possible social, behavioural and psychological impacts of intellectual disability.	• The impact of intellectual disability on health and mental health • The impact of intellectual disability on behaviour • The psychosocial impact of intellectual disability	$30	30 min
Intellectual Disability – Changing Perspectives		• Understand different models of intellectual disability. • Be aware of the relationship between health status, health services, social and political attitudes, and human rights. • Analyse the policies of your health service from a human rights perspective and consider the barriers to delivering optimal mental health services to people with intellectual disability. • Reflect on your personal understanding of intellectual disability. • Evaluate your practice from a human rights perspective.	• The social and historical context of intellectual disability • Attitudes and theories of disability	$30	30 min
Improving Communication	Communication: The Basics	• Understand that good communication is important when supporting someone who has an intellectual disability. • Understand that difficulties in communication arise due to the interaction of disability, psychological function and social context. • Appreciate the diverse range of communication abilities and strategies used by different people and of the value of communication as a multifaceted exchange of information.	• A reflective approach to communication • The significance of good communication • Understanding communication difficulties • Communicating well in practice	$60	45 min
	Improving Your Communication	• Understand that good communication is important when supporting someone who has an intellectual disability.	• Good communication strategies • Working with supporters		45 min

		• Understand that difficulties in communication arise due to the interaction of disability, psychological function and social context. • Appreciate the diverse range of communication abilities and strategies used by different people and of the value of communication as a multifaceted exchange of information. • Use a reflective approach, which includes monitoring and adapting to different situations. • Communicate effectively with people who have an intellectual disability, have a range of communication difficulties and use a variety of communication methods.			
Equality in Mental Health Care – A Guide for Clinicians		• Describe the key rights of people with intellectual disability in the mental health setting. • Outline the significance of protecting the key rights of people with intellectual disability in the mental health setting, and your role as a health practitioner. • Describe the principles and practice of reasonable adjustments. • Identify and implement reasonable adjustments necessary to protect the individual's rights.	• Intellectual disability and human rights in mental health • Protecting human rights • The right to equality and freedom from discrimination	$30	90 min
Consent, Decision-Making and Privacy – A Guide for Clinicians		• Outline the significance of the right to physical and mental integrity in the context of mental health services and people with intellectual disability. • Describe the nature of decision-making capacity and discuss its significance.	• The right to respect for physical and mental integrity • The concept and practice of informed consent • Supporting decision-making • Substitute decision-making • Privacy	$30	90 min

	• Discuss the legal and ethical considerations that guide substitute decision-making. • Discuss the relationship between the right to privacy and duty of care, and how to balance these in the context of intellectual disability and mental health. • Support the individual to make their own decisions regarding their mental health care. • Identify and document when an individual lacks the capacity to make a particular decision. • Seek a valid decision from a legally authorized substitute decision-making when appropriate.			
Mental Disorders in Intellectual Disability	• Be aware of the prevalence and range of mental disorders in people with intellectual disability. • Understand the effect of severity of disability on the rate and presentation of mental disorders. • Identify specific vulnerabilities to mental disorders associated with intellectual disability. • Identify factors affecting access to mental health care. • Understand possible difficulties in identifying signs of a mental disorder in someone with intellectual disability, the importance of establishing baseline function for each individual, and possible manifestations of mental disorder. • Identify signs of mental disorder in someone with intellectual disability.	• Prevalence of mental disorders in people with intellectual disability • Vulnerability and protective factors • Presentation of mental disorders in people with intellectual disability • Treatment of mental disorders in people with intellectual disability • Living with a mental disorder	$30	60 min

Assessment of Mental Disorders in Intellectual Disability	- Understand factors that might complicate the mental health assessment of a person with intellectual disability. - Identify ways to adapt mental health assessment for people with intellectual disability. - Be aware of specific assessment tools available for use with people with intellectual disability. - Be aware of the need to seek information from diverse sources. - Adapt mental health assessment for a person with intellectual disability.	- The purpose of mental health assessment - Differences in assessment - Adapting mental health assessment for people with intellectual disability - Strategies to assist with mental health assessment	$30	60 min
Management of Mental Disorders in Intellectual Disability	- Understand principles that should guide the management of mental disorders in people with intellectual disability. - Describe key strategies for clinical best practice in the management of mental disorders in people with intellectual disability. - Understand the principles of pharmacological management of mental disorders in people with intellectual disability, including principles of prescribing, monitoring and review. - Understand the principles of psychosocial management of mental disorders in people with intellectual disability. - Describe strategies for adapting psychotherapeutic interventions for people with intellectual disability. - Develop and implement a management plan appropriate to the individual.	- Guiding principles of management of mental disorders in intellectual disability - Foundations of managing mental disorders in intellectual disability - Pharmacological treatment for mental disorders in intellectual disability - Psychosocial intervention for mental disorders in intellectual disability	$30	60 min

		• Monitor the safety and efficacy of treatment. • Engage carers and support people if appropriate.			
Challenge Behaviour	Challenging Behaviour I – Introduction	• Define behaviour and challenging behaviour, and describe the significant components of each. • Describe the prevalence and impact of challenging behaviour. • Discuss the variety of medical, psychiatric, social, environmental and learning factors that may contribute to challenging behaviour, and how they can interact. • Apply person-centred practice within a human rights framework. • Analyse behaviour in terms of its potential communicative or other function.	• Understanding behaviour • Understanding challenging behaviour • Factors that contribute to challenging behaviour	$90	90 min
	Challenging Behaviour II – Assessment	• Explain the significance of thorough assessment. • Describe the different types of assessment that are necessary. • Describe the functional behavioural assessment process. • Adopt a person-centred approach to assessment of challenging behaviour. • Ensure medical and psychiatric problems are ruled out or addressed before recommending a functional/behavioural approach to challenging behaviour. • Assess health or mental health factors contributing to challenging behaviour specific to your discipline.	• The rationale of assessment • Principles of assessment • The relationship between assessment and management • Medical and psychiatric assessment of challenging behaviour • Functional behavioural assessment		90 min

		• Analyse behaviour in terms of its potential communicative or other function • Work collaboratively across disciplines to assess challenging behaviour.			
	Challenging Behaviour III – Management	• Explain how different interventions can be used together to support the person and manage challenging behaviour. • Describe the kinds of practices that constitute restrictive practices. • Discuss considerations around using medication to manage challenging behaviour. • Apply evidence-based practice within a human rights framework. • Adopt a person-centred approach to the management of challenging behaviour. • Work collaboratively across disciplines to manage challenging behaviour. • Provide discipline-specific input to a behaviour support plan. • Use medication appropriately as part of a broader biopsychosocial intervention for challenging behaviour. • Review a behaviour support plan, using evidence to evaluate the efficacy of strategies and suggest changes. • Ensure the ethical and legal limitations on the use of restrictive practices are respected.	• Introduction • Positive behaviour support • Restrictive practices • Behaviour support plans • Pharmacological treatment		90 min
Emergency Mental Health Care	Understanding ID in the ED	• Understand individual and systemic factors which may play a part in emergency mental health presentations for people with intellectual disability. • Describe necessary adjustments to ensure effective mental health	• Why people with intellectual disability present to the emergency department more frequently than others • The emergency department experience for people with intellectual disability and carers	$60	90 min

		assessment of people with intellectual disability in an emergency care setting.
		• Engage in situations where behaviour disturbance is present or likely to occur in order to reduce the risk of behaviour disturbance, and to intervene appropriately where needed.
		• Engage with carers, families, and external agencies for the best outcome for people with intellectual disability who require emergency care.
			• Making emergency care accessible: Practical and clinical considerations
			  o Communication
			  o Documentation
			  o Consent
			  o Distress and anxiety
			  o Challenging behaviour		

	Journey Through the ED	• Describe necessary adjustments to ensure effective care of people with intellectual disability at each stage of the journey through the emergency department.
		• Conduct a detailed and balanced risk assessment of a person with intellectual disability presenting in an emergency setting with apparent mental health symptoms.
		• Reduce the risk of behaviour disturbance in a person who has intellectual disability who presents with a mental health emergency.
		• Conduct a comprehensive assessment of a person with intellectual disability presenting in an emergency setting with apparent mental health symptoms.
		• Conduct a detailed and balanced risk assessment.
		• Determine an appropriate plan for treatment for a person who has intellectual disability who presents with a mental health emergency.
		• Make appropriate arrangements for transfer of care and follow up for a
			• Typical path through the emergency department
			  o Arrival
			  o Triage
			  o Waiting
			  o Medical assessment
			  o Psychiatric assessment
			  o Treatment
			  o Transfer of care
					60 min

		person with intellectual disability being discharged following a mental health emergency.			
Cardiometabolic Health in People with Intellectual Disability	Understanding Risk	• Understand the impact of cardiometabolic ill-health on people with intellectual disability. • Identify major cardiometabolic risks in people with intellectual disability including obesity, physical inactivity, psychotropic medication, genetic and birth related factors, barriers to health care access, socioeconomic disadvantage and stigma. • Be aware of the nature of each risk, reasons for its prevalence in people with intellectual disability, and potential management strategies.	• Introduction to cardiometabolic health and ill-health • Psychotropic medication and cardiometabolic risk • Obesity and cardiometabolic risk • Physical inactivity and cardiometabolic risk • Genetic syndromes and factors associated with intellectual disability • Barriers to accessing quality health care • Socioeconomic disadvantage • Stigma	$60	60-90 min
	Screening and Intervention Strategies	• Locate and use the Early Intervention Framework and online resources to support cardiometabolic health in people with intellectual disability. • Monitor cardiometabolic risk factors in people with intellectual disability.	• Positive cardiometabolic health for people with intellectual disability • How to use the Early Intervention Framework • Cardiometabolic monitoring • Overcoming fear of blood tests • General intervention principles and cardiometabolic resources • Case studies		60-90 min