

# FREE ON-LINE TRAINING COURSES FOR PERSONAL ASSISTANTS



Latest News!



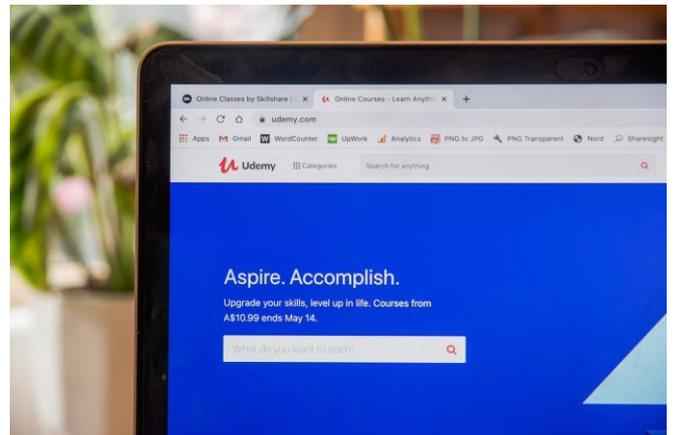
KDC is offering a free programme of e-learning courses to all Personal Assistants working in Knowsley.

- Dementia Awareness
- Nutrition and Hydration
- Stroke Awareness
- Epilepsy Awareness
- Anxiety

E-Learning is a fantastic way to develop your knowledge and succeed in your caring role!

The benefits of E-Learning courses are:

- ✓ Develop your knowledge and skills at a time and place that suits you
- ✓ All course materials are included for you to take your test at the end of the course!
- ✓ All courses are CPD certified – enhance your CV!
- ✓ Upon completion, you can download your certificate for free and is yours to keep!
- ✓ Friendly support at the end of the phone or just an email away if you have any questions!



## Cherry Training

Cherry Training source training courses nationwide. They connect people with the very best training options that will suit their needs and fit flexibly in with their lives.

Funded by



## Skills for Care

Skills for Care helps create a well-led, skilled and valued adult social care workforce.

## How to Book?

Email Andy Gilbert with your name, your contact number and the name of your employer [andy.gilbert@kdc.org.uk](mailto:andy.gilbert@kdc.org.uk). You will then receive confirmation from Cherry Training about your booking and the link to access the course

### How are courses going to be delivered?

Courses are delivered online and work on any internet enabled device. As long as you have access to an internet connection you can complete courses when and where you like 24 hours a day.

### Are courses certified?

Courses are fully certified. Once you successfully complete a course you can download the completion certificate FREE of charge.

### How long do courses take to complete?

Some of the shorter courses will take an hour to complete. Some of the bigger ones will take longer and depends largely on each individual's learning speed.

### Will I be paid for completing the training?

Yes, once you have completed the training and we have received confirmation from Cherry Training, you will be paid 2 hours per course at your usual basic pay.

#### Dementia Awareness

This course aims to raise your awareness and develop your understanding of dementia. The course explores the four main types of dementia together with their causes.

You will examine the signs and symptoms that may indicate dementia before considering how it is diagnosed and why an early diagnosis is important.



#### Anxiety

This course aims to introduce you to the topic of Anxiety and the different anxiety diagnoses in health and social care.

The anxiety course begins by explaining what anxiety is, how prevalent it is and why individuals may experience heightened anxiety in their daily lives. The course goes on to distinguish between fear and anxiety, before outlining the symptoms of anxiety disorders including the emotional, physical and behavioural symptoms.

#### Epilepsy Awareness

This course is designed to enable you to increase your awareness of the health condition, epilepsy.

The course begins by exploring the meaning of the term epilepsy, including defining the term, the prevalence rates and the causes of epilepsy. The course then explains the different types of seizures an individual may experience, including generalised, simple and complex focal seizures, absences and tonic seizures, atonic and myoclonic seizures.

#### Nutrition and Hydration

This course aims to introduce you to the topic of nutrition and hydration in Health and Social Care.

The course explains the main food groups, sources of essential nutrients and the impact of poor diet on health and wellbeing. It then outlines the current national guidance on healthy eating and explains adaptations different groups may require in relation to a balanced diet.

#### Stroke Awareness

This course aims to increase your knowledge and understanding about strokes and the impact they can have on an individual's life.

The course begins by explaining what a stroke is, the prevalence of strokes in the UK, how they are caused, the different types of strokes and their subtypes.

You will learn about the factors that increase the risk of a stroke and the main causes of a stroke and how to reduce the risk of a stroke.