



# LDTA Training Programme 2016/2017

Workshop	Date	Duration	Times	Venue	Places Available	Lead Trainer
Friends and Relationships	14 <sup>th</sup> September 2016	½ Day	9.30-12.30	Stephenson Resource Centre	20	Lisa Birtles-Smith
Makaton Day 1	21 <sup>st</sup> September	1 Day	9.30-16.30	Old Police Station Runcorn	25	Diane Roberts
Autism Awareness	20/21 <sup>st</sup> September	2 Days	9.30-16.30	Olive Tree Community Centre Penketh Warrington	25	Debbie Kerr
Eating and Drinking refresher	27 <sup>th</sup> September	Half a day	9.30-12.30	Winwick Leisure	40	Rachel Brown
Epilepsy Refresher	28 <sup>th</sup> September	Half day	9.00-13.30	Stephenson Resource Centre Rainhill	20	Brian Houltram
Eating and Drinking	18 <sup>th</sup> October	Full Day	9.30-16.30	Winwick Leisure	40	Rachel Brown
Autism Awareness	25/26 <sup>th</sup> October	2 Days	9.30-16.30	TBC	25	Debbie Kerr
Epilepsy Awareness & Administration of Buccal/Nasal Midazolam Training	26 <sup>th</sup> October	Full day	9.30-16.30	TBC	20	Brian Houltram
Eating and Drinking	9 <sup>th</sup> November	Full day	9.30-16.30	Old Police Station Runcorn	25	Diane Roberts/Jane Birchall-Smith
Eating and Drinking refresher	15 <sup>th</sup> November	Half Day	9.30-12.30	Winwick Leisure	40	Rachel Brown

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Autism Awareness	22/23 <sup>rd</sup> November	2 Days	9.30- 16.30	TBC	25	Debbie Kerr
Epilepsy Refresher	23 <sup>rd</sup> November	Half Day	9.00- 13.30	Stephenson Resource Centre Rainhill	20	Brian Houltram

## To Book a Place:

### Course Descriptions & Learning Outcomes:

**Autism Awareness for Practitioners and Carers** - Autism is a spectrum condition, which means that, while all people with autism share certain difficulties, their condition will affect them in different ways. Asperger syndrome is a form of autism. This two-day workshop covers the Intermediate skills and knowledge required by practitioners and carers who have frequent or intensive contact with people with autism or those who spend little time but have high impact on outcomes for people with autism such as a proportion of staff in all teams and services. Staff and Carers working with adults with learning disabilities and/or Autistic Spectrum Condition should attend this training which should enable them to:

- Identify the range of behaviours that indicate the individuals they support fit the criteria for 'Autistic Spectrum Condition' (ASC)
- Begin to describe the world from the person with ASC's point of view and how that creates the difference in how they respond to the world
- Explain the general principles about effective strategies - communication, environments, activity and teaching that reduce stress on the people they support and gives them opportunities to develop as individuals

**Epilepsy Awareness & Administration of Buccal/Nasal Midazolam** – covers the neurological condition of Epilepsy where there is a tendency to have seizures that start in the brain, how Epilepsy is diagnosed, the different types, symptoms and reasons for seizures as not all seizures are due to epilepsy and administration of the rescue medication Buccal/Nasal Midazolam, which is used for emergency treatment of seizures. All levels of staff are welcome to attend this training but the training is particularly useful for staff supporting people with a learning disability, who experience epilepsy, and who may require rescue medication Buccal/Nasal Midazolam. The training should enable participants to:

- Listen to the history of epilepsy, describe what epilepsy is and identify learning disability and epilepsy
- Explain the treatments for epilepsy and recognise risk management and epilepsy
- Discover basic facts regarding seizure classification and seizure types presented
- Summarise the management and recording of seizures, classify seizures and record seizure activity
- Examine protocols around the management of epilepsy and rescue medication
- Act appropriately in a First Aid situation

- Administer Buccal/Nasal Midazolam

### **Epilepsy Awareness & Administration of Buccal/Nasal Midazolam Refresher**

This training is for staff, carers and other professionals working with adults with learning disabilities and Epilepsy, who have previously been on an Epilepsy Awareness course within the last 18 months.

The training course should enable participants to:

- Discover basic facts regarding seizure classification and seizure types presented
- Summarise the management and recording of seizures, classifying seizures and record seizure activity
- Examine protocols around the management of epilepsy and rescue medication
- Act appropriately in a first aid situation administer Buccal/Nasal Midazolam

**Eating and Drinking Skills** – covers how to support individuals who may have difficulties sucking, biting, positioning food in the mouth, chewing and/or coping with liquids, solids and a range of food textures or consistencies. This training is for staff and families supporting adults with a learning disability, who have eating and drinking difficulties. This is an experiential workshop which should enable participants to:

- Identify problems with the mechanics of eating and drinking
- Practice different techniques to support adults with a learning disability who experience problems with the mechanics of eating and drinking
- Experiment with a variety of food consistencies and textures

**Makaton Beginners Workshop (Day1 and Day 2)** – The Makaton ‘beginners’ workshop is provided as two separate one-day training courses.

Makaton is multi-modal communication system that uses speech, signs, and symbols to help people communicate. Makaton can be used to support individuals to make choices, express themselves, share ideas, reduce feelings of frustration, support verbal communication and help people understand.

During day 1 participants will be introduced to signs and symbols from stages 1, 2 and part of the additional stage of the core vocabulary. You will be provided with an awareness of how the signs used within the Makaton Vocabulary are derived and have the opportunity to practise signs throughout the day, building from single signs and phrases up to sentence level. Participants will also gain information on symbols from the stages covered and consider how they can be used in a practical way.

On day 2 participants will revise signs taught on the first day and will be taught sign and symbols from stages 3, 4 and the rest of the additional stage of the core vocabulary. There will be plenty of opportunities for participants to practice and to consider how to use signs taught within their daily environment. Participants will gain an understanding of the Makaton symbols design themes and feel more confident to be able to draw them by hand and to use them in a variety of ways.

Staff, carers and other professionals, who are supporting someone who has communication difficulty and would benefit from the use of signs and/or symbols, should attend training.

**Social Stories** – are a method of giving information and support to a person around a situation that the person finds difficult.

Short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why, can have a huge range of applications, including:

- To develop self-care skills (how to clean teeth, wash hands or get dressed etc.), social skills (sharing, asking for help, saying thank you, interrupting etc.) and academic abilities
- To help a person with autism to understand how others might behave or respond in a particular situation, and therefore how they might be expected to behave
- To help others understand the perspective of a person with autism and why they may respond or behave in a particular way
- To help a person to cope with changes to routine and unexpected or distressing events (moving house, thunderstorms etc.)
- To provide positive feedback to a person about an area of strength or achievement in order to develop self-esteem
- As a behavioural strategy (what to do when angry, how to cope with obsessions etc.)

Staff, carers, families and other professionals, who support someone with difficulties in social situations, particularly people with learning disability or autistic spectrum condition (ASC), should attend this training. Attendees should have completed either the Autism Awareness or Total Communication training prior to attending this course which should enable participants to:

- Learn the benefits of using social stories with people with learning disabilities.
- Be able to identify a situation for an individual where a social story would be beneficial to them.
- Be able to write social stories and make them accessible for the person being supported
- Practice writing social stories within case study situations and around a person being supported

**Communicating Effectively with Adults with Learning Disabilities** – covers supporting people's speech, language and communication needs by using all available means in order to understand and be understood. Total communication includes supplementing talking with signing, pointing to pictures, symbols, photographs or objects and using gesture and body movement. Total communication is the key to inclusion. This training is for staff, carers and other professionals who are supporting someone who has a communication difficulty and a learning disability and should enable participants to:

- To develop your knowledge of communication difficulties in people with learning disabilities
- To develop your understanding on the link between communication and challenging behaviour
- To develop your skills and confidence in communicating effectively with people with Learning Disabilities
- To develop an understanding of how AAC methods can support expressive language and understanding
- Be aware of when to refer to Speech and Language Therapy for further support



5 Boroughs Partnership NHS Foundation Trust    Alternative Futures Group  
Bridgewater Community Healthcare NHS Trust    Community Integrated Care  
Macintyre Charity    Greater Opportunities Together    Halton Borough Council  
U & I Care Service    Partnerships in Care    St Helens Council  
Victoria Community Care    Warrington Borough Council    Warrington Community Living

**Working together to improve lives for adults with learning disabilities**