



Our Programmes:

# Adult Practice



Last Updated: September 2021





# Adult Practice: Contents

1. [Adults with a Learning Disability](#)
2. [Understanding & Working with Brain Injury](#)
3. [Working with Autistic Spectrum Disorders](#)
4. [Working with Adult Attachment](#)
5. [Trauma-Informed Practice](#)
6. [Mental Health, Substance Use & Domestic Abuse](#)
7. [Person-Centred Planning](#)
8. [Cultural Competence & Diversity](#)
9. [Working with the Human Rights Act 1998](#)
10. [Preparing for \(and responding to\) CQC Inspection](#)
11. [If you can't find what you're looking for...](#)





# Learning Outline:

## *Adults with a Learning Disability*

This session is designed as an introduction to working with adults with learning disabilities. It is estimated that over half a million social care workers support people with a learning disability (S4C, 2020) and this short session will provide the opportunity to identify and being to develop the essential knowledge and skills needed for practice in this area.

During this session, issues such as communication skills, health and well-being and personalised care and risk will be considered aligned to the competency framework for learning disabilities, published by skills for care & skills for health in 2019.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- Understand what is meant by the term 'Learning Disability' and the types of impairments, difficulties and challenges people with learning disabilities experience, including reflecting on the ways in which health and social care staff can support people who have learning disabilities
- Reflect on how attitudes towards impairments and disabilities, and including people in their own care are essential for promoting well-being for the individual
- Explain the legislation and policies that are designed to promote and protect human rights including the concepts of capacity and consent

# Learning Outline:

## *Understanding & Working with Brain Injury*



The brain is a complex organ, any damage caused to it can have a potentially catastrophic impact to the individual in a multitude of ways.

This course offers an understanding of the functions of the brain; the various categories and causes of brain injury; the impact that any injury to the brain can have on the individual and their carers, including the physical, mental, cognitive, and social impact.

This one-day session is designed give the delegates a good understanding of brain and what damage to the brain can have, in turn helping their practice in terms of assessing and meeting the needs of individuals in these often-complex areas.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- An overview and understanding of the functions of different areas of the brain.
- Understand the different types of brain injury and how they may be caused.
- Understand what impact damage to the brain can have.
- Increased confidence in communication and assessment skills including Capacity Assessments.
- Understanding of the recovery and rehabilitation process
- Increased awareness of the application of relevant legislation.

# Learning Outline:

## *Working with Autistic Spectrum Disorders*



Autistic Spectrum disorders can have a profound impact on how a person understands and interacts with the world and an awareness of the 'Triad of Impairment' is an essential area of knowledge for all those working with this group.

All people with Autism share difficulties in communication, but their condition will affect them in very different ways. Some can live relatively normal lives, whilst others may need a lifetime of specialist support.

This one-day programme is designed to build upon the basic level of knowledge and skills and provide participants with the opportunity to develop an applied understanding, knowledge and skills, in working effectively with people who are affected by Autistic Spectrum disorders.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- Understand Autism as a spectrum disorder.
- Develop an understanding of Autistic spectrum disorders by using the framework of the Triad of Impairment
- Understand ritualistic behaviour and appropriate responses
- Understand literal thinking and communication barriers impacting on those on the Autistic spectrum.
- Be better equipped to recognise and work effectively with individuals
- Understand the common misconceptions about Autism

# Learning Outline:

## *Working with Adult Attachment*



Until recently the concept that attachment disorder could continue to have profound implications for adult relationship building was little understood. Now however the principles and theories are being applied in both adult and children's services to assess and support a range of relationship-based interventions, ranging from considering its impact on parenting, through to how it manifests in relation to help-seeking and accessing social supports and structures.

This session has a dual purpose. It is aimed at children's social care staff undertaking assessments for parenting and for adult social care staff working with individuals that continue to be impacted by attachment issues into adulthood

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- Have an overview of attachment theory and an understanding of how attachment develops and manifests in adulthood.
- Understand how experiences in early relationships can create internal working models and attachment styles and how this may affect future relationships.
- Understand and be able to identify the attachment styles of the adult carers in the adult relationships (secure / anxious-preoccupied / dismissive-avoidant / fearful-avoidant), understand how this may impact on their emotional resilience to care for a child



# Learning Outline:

## *Mental Health, Substance Misuse & Domestic Abuse*



This one-day course looks at the complexities created by co-morbidities of domestic abuse, substance or alcohol use and mental health issues. Evidence has long shown there is often a strong correlation between these issues, with one primary issue often contributing to the presence of the others.

The course includes being aware of the DASH Risk Assessment Tool, MARAC process and other Multi-Agency Approaches to managing complex risks. Delegates will be supported to explore some of the strategies that can be used to positively engage with Adults who are experiencing these needs and to be confident in both Risk Assessment and Safety Planning.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- Understand and increase confidence in the assessment and management of risk in complex situations involving the triad of mental health, substance misuse and domestic abuse.
- Understand the impact of the 'toxic trio' on the assessment and management of risk.
- Understand the link between the 'toxic trio' and safeguarding issues.
- Consider the issues of Capacity and the rights of Adults to make unwise decisions
- Knowledge of key tools and approaches, including the DASH tools.
- Be aware of the impact on any children who may be in the household and how to refer.



# Learning Outline:

## *Person-Centred Planning*



Person-centred planning is an approach based on the principle that plans should be made with the person, not for them. Person-centred approaches are rooted in the social model of disability and seek to empower and enable individuals to make choices and take control of their own situation, identifying where support would be beneficial, but building on the individual's assets and strengths rather than focusing on their needs and deficits.

A range of tools are available to support the approach in practice, and this one-day programme will explore several these, providing an opportunity for participants to apply and reflect on tools and models which can then be taken back in practice.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- Develop knowledge of tools which can be used with individuals to develop person-centred, outcomes focused support plans and gain practice in the use of such tools
- Develop ideas about how to involve people more fully in their support plans, particularly where people are significantly affected by the impact of severe mental health difficulties
- Identify a variety of ways of meeting eligible needs and outcomes (including universal services, and community resources).
- Develop skills in identifying people's strengths and incorporating these into their support plan.
- Gain an enhanced understanding of the importance of social networks to mental well-being,
- Have considered how to help a person build their social networks as part of the support plan.



# Learning Outline:

## *Cultural Competency & Diversity*

Cultural sensitivity is more than recognising differences in race or religion, it involves recognising that we are all shaped by our experiences and are influenced by cultural norms and understanding.

Diversity is about more than just difference; it is about the use of power within our society and structures, and how that power can prevent individuals and groups from accessing appropriate support and services.

This one-day course will consider culture and diversity issues within groups and teams and how our experiences are shaped by our own cultural filters. Participants will be supported to explore how we can apply a culturally sensitive approach and respond to diversity in practice.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- To increase understanding and awareness in relation to working with and alongside individuals from different cultural and social groups and how these influence how we all experience and engage in professional interactions.
- To consider diversity as a power issue and how this might impact on health and social care practice and professional dynamics.
- To reflect on the cultural diversity within participants practice areas, and consider how this might impact on the individual, family and community and how they experience public services.
- To explore concepts of discrimination and oppression arising due to diversity issues. Including how organisational / professional cultures can impact on the experience of individuals working within and/or using public services.

# Learning Outline:

## *Working within the Human Rights Act 1998*



The application of the Human Rights Act and the knowledge and skills to deliver a rights-based approach are fundamental aspects of social work and health & social care practice in a range of settings.

The practitioner's ability to advocate for and protect the individuals' rights and freedoms are even more important when working within the statutory frameworks of mental health, mental capacity and safeguarding, and this one-day course is designed to provide knowledge and skills needed to deliver a rights-based approach in practice.

See also our Legal Literacy programmes for application of other legal frameworks in practice.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- Understand and apply the principles and duties of the HRA to social work / health and social care practice.
- Increased knowledge of specific articles and the practitioner's role in protecting and upholding these.
- Knowledge of and ability to apply the FREDA principles to practice
- Understand the difference between absolute and qualified rights
- In-depth knowledge of articles 5 & 8 within social care practice – safeguards, principles, processes and precedents.



# Learning Outline:

## *Preparing for, (and Responding to) CQC Inspections*

This full day training programme is for Registered Managers or Senior Staff who want to gain an in-depth understanding of the CQC regulatory framework to inform quality improvements in their services.

Through the programme attendees will gain knowledge, skills, and confidence about working effectively to CQC expectations and will develop plans for service improvement using tools they will access during the day. Delegates will explore CQC standards and expectations in depth, including relevant best practice examples from actual inspections conducted under the inspection framework. Registered Managers will be encouraged to assess their own services and develop their thinking and plans for improvement.

### **Learning Outcomes:**

*This course will provide participants with the following learning outcomes:*

- An awareness of the key legislation arising from the Care Act.
- Understand the detail of CQC inspection regime, including KLOES, the 'mums' test, and the ratings of services.
- Explore challenges and opportunities for Care Providers arising from Inspection.
- Construct individual service Action Plans.
- Analyse service performance and identify critical issues which impact on quality and ratings.
- Recognise and prioritise issues for attention and or explore quality improvement planning.
- Explore and understand how to develop responses to critical feedback
- Consider the impact of the CQC 'new approach' to regulation.



---

*We specialise in developing training and learning programmes based on the requirements of our customers, and the knowledge and skills of our crew.*

## **IF CAN'T FIND WHAT YOU'RE LOOKING FOR?**

We are always happy to discuss bespoke programme development.

Contact us to find out more [crew@dcc-i.co.uk](mailto:crew@dcc-i.co.uk)