

Introduction & Needs Assessment

To explain the scope of the course, establish the needs of the group.

Quality of Life and Introducing Active Support

This 90-minute module explores the essential components of Active Support and Positive Interaction, encouraging approaches whereby employees promote independence, and support informed choices of service users.

The module serves as a recertification of the Lalemand Green Behaviour Scale which perfectly complements the primary strategies found within Active Support and Positive Interaction approaches.

NAPPI Positive Behaviour Support Model Recertification

Continuing on from the opening session revisiting the Lalemand Green Behaviour Scale, this 90-minute recertification of the Amber Awareness, Lalemand Red Behaviour Scale, and Care Team Responses modules refreshes knowledge and understanding, and encourages practical application of the NAPPI PBS Model within working practice.

Non-restrictive Tertiary Physical Skill Recertification

This session emphasises the importance of the Physical SMART Principles, and their impact upon the need for self-protection skills, and the prevalence of more significant behaviour of concern.

Self-protection skills identified through Training Needs Analyses are recertified, emphasising the focus upon prevention strategies, ensuring skills are used only when absolutely required.

Following completion of health declaration and stretch & flex to optimise the safety of the group, the following NAPPI Level 1 self-protection skills are recertified:

- Guiding Skill
- X-Shield
- Grab Release

Agreement of competence is recorded on registration forms which leads to certification. Where competence is deferred an action plan is provided.

SMART Approach to Developing Partnerships

This 90-minute module introduces the NAPPI Level 1 module: Developing Partnerships, and recertifies the SMART Principles from initial training.

Reflections and Takeaways

Check for Learning, Evaluation, Questions & Answers taken during the day.

When participating in active physical practice there is always the slight risk of physical injury. Prior to completing the physical section of this course, the trainer will demonstrate the range of movements required to complete the skills.

You will be asked to complete a health questionnaire and advised to use your best judgement and inform the trainer of any relevant medical information that would compromise safety. The trainer retains the right to refuse to teach anyone that they believe is either unfit, unsuitable or inappropriately dressed to safely complete the course.

Please let your trainer know if you have any physical problems that would disqualify you from participating in the physical portion of the course. Things that should make you consider sitting out of the physical session are, if you:

- currently see a GP for a health problem or injury e.g. shoulder, neck, knee, back
- take medication for a heart condition, diabetes or high blood pressure
- have recently had surgery or are waiting for surgery
- have suffered a work related injury
- have brittle bones
- are pregnant

If after discussing any concerns with your trainer, you wish to continue, you will need to sign the health questionnaire to state that you have discussed your concerns and believe yourself to be fit to undertake the training. You need to understand that whilst trainers have first-aid training, they are not medical experts.

Stretch & Flex: Warming up conscientiously will reduce the likelihood both of incurring injury, and of excessive aches and pains. Prior to undertaking physical skills you will be required to complete supervised exercises.

Suitable Attire: Casual clothes that provide freedom of movement. Comfortable flat shoes (e.g. trainers). You will be asked to remove watches and jewellery e.g. rings with stones, dangly earrings and thick neck chains.

The trainer will introduce physical skills that represent the scope of skills that you may need to manage behaviours of concern at work. Skills are introduced at slow, medium and fast speeds. In our experience it is very rare for a participant to be injured in these practise sessions. The trainer will do his/her part to keep you safe and ask that you do your part to keep yourself and others safe. All skills have their own safety considerations but you must be conscientious regarding safety.

You can stop at any time if the trainer asks you to practise a skill that you feel unable or unwilling to do. You can still participate actively by observing and encouraging colleagues. It is not a requirement for anyone to participate in the physical skills.