

# CERTIFICATE IN INTELLECTUAL DISABILITY PRACTICE

DELIVER QUALITY PRACTICE IN SOCIAL CARE



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ACCREDITED PROFESSIONAL EDUCATION FOR STAFF (DISABILITY SECTOR)



# CERTIFICATE IN INTELLECTUAL DISABILITY PRACTICE

Studying with the Open Training College



## About the Course

This one year programme will ensure you have the needed qualification to be employed as a Care Assistant or SNA. It provides participants with the tools to take a person centred approach to supporting individuals with an intellectual disability to have a good life of their choosing.

### This involves:

- What a person centred approach is
- Where it comes from
- How to use it
- Its impact on practitioners and service provision
- The opportunities and benefits it offers service users

**“I have worked in the intellectual disability sector since 2001; this course has taught me to have a complete new outlook on advocating for people with disabilities using the correct language and supporting them to be more involved in their local community.”**

Claire Deane, Daughters of Charity

### Audience

Unqualified healthcare/Social Care Assistants working in disability services, or SNAs

### Award

Certificate in Intellectual Disability Practice (5M1761)

### Format

Workshop

### Model

Classroom/Part-Time

### Duration

1 Year

### Award Type

QQI/FET Level 5 (Major Award)

### Credits

120

### Start Date

Autumn 2017

### Fees

€1,495

Fees instalment payment plans are available. Inclusive of Protection of Enrolled Learner (PEL) insurance cost.

# Why Choose The Course?

## For People Working In The Disability Sector

The course is aimed at people working in disability services. It was created by people with extensive first-line experience who fully understand the area and the problems that come with attempting to balance work, life and learning when you work in the sector.

Having a relevant QQI Level 5 qualification is a basic requirement to access work as a Care Assistant, SNA, Key Worker, Personal Assistant or Community Support Worker in a large number of organisations. If you are working already in a service that is HIQA regulated, a Level 5 qualification is increasingly becoming a requirement.

## It Is Entirely Practical

It is an applied programme dealing with real world challenges. The choice of course content is determined by the needs of people employed in the sector. The programme is designed from the perspective of someone working in the disability arena and their relevance/quality is determined by the ways in which they can be applied to, and improve, everyday practice.

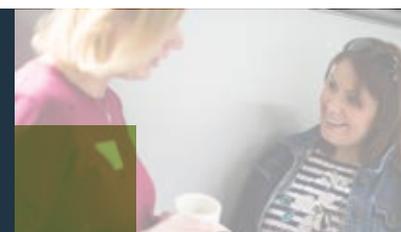
Similarly, our assignments tackle issues that you are likely to face in the workplace. While you are completing these you will have access to our expert tutors and a community of people who are almost certainly trying to deal with the same issues while improving the quality of service that organisations deliver.

## We Are A Student Centred College

The course is designed to accommodate the pressures and responsibilities that you face. Its mixture of workshops and tutorials will allow you to balance your work, life and college commitments.

Remember: our active learning community (made up of students, tutors and learning support staff) is always there to support you as you learn.

It is also designed to support Continuing Professional Development (CPD) opportunities.



## We Are At The Heart Of The Sector

We work in partnership with over 220 organisations from the human services and non-profit sector. Together we ensure that the Certificate reflects:

- Current regulatory and public policy environment (including HIQA, New Directions and the new Assisted Decision Making legislation)
- Challenges driving the sector, and
- Contemporary best practices

## Enhance Your Career Prospects

The Certificate in Intellectual Disability Practice, serves as a perfect gateway to the kinds of higher qualifications you'll need if you want to progress your career. We see it, for example, as the ideal first step for people who want to become registered as a Social Care Worker, which they can do if they complete our B.A. in Professional Social Care (Disability). Taking the Certificate will allow you to both learn and handle the commitments of undertaking a College programme.

**“As someone who hadn't studied for a number of years, taking part in a Level 5 course with the OTC was an ideal reintroduction to the learning path. It gave me an ideal base in which to progress to my current Social Care degree course with the OTC.”**

Robbie Loughlin, St. Michael's House



## What Will I Learn?

### The course content is based on:

- Our expertise in the disability and broader social care area
- International best practice
- Current legislation and policy
- Ongoing feedback from course participants
- Input from graduates, professional bodies, regulatory bodies and service users

This is reflected in the choice of learning objectives, course materials and the award winning approach that has been developed to deliver the course.



### After completing the course you will:

- Understand what 'intellectual disability' is
- Appreciate the tasks to be performed to empower persons with an intellectual disability to make positive life and lifestyle choices
- Understand the issues practitioners face when facilitating a person to live an independent life in the community
- Have the knowledge and skills to actively support persons with an intellectual disability in the different phases of their lives
- Be able to meaningfully contribute to developing strategies that will help them develop a range of skills that can be used in their daily life
- Possess the knowledge and skills to enable persons with an intellectual disability develop socially valued roles and relationships
- Understand how you can make a difference to people's lives by improving service quality

See [opentrainingcollege.com](https://www.opentrainingcollege.com) for more details.

### Transfer & Progression

After successfully completing the Certificate you will be eligible to apply for our QQI Level 7 BA in Professional Social Care (Disability) which will allow you to apply to register as a Social Care Worker with CORU.

## Course Content

The course is made up of 'core' and 'elective' modules. The six core modules are mandatory and have to be completed by everyone.

The electives are designed to allow you 'customise' the course to meet your specific personal, professional or career needs. This involves choosing two of the elective modules that most closely match your needs. It's important to note that, once you have been accepted for the course, College staff will be available to help you make your choices.

## What Supports Will I Have?

Every step of the way you will have the active support of the College. We understand the challenges faced by people working in our sector because we come from it. We've built that understanding into the way we deliver this certificate course.

The course is organised around a series of workshops. Each of these is facilitated by topic experts and members of the College team who all have direct frontline experience. Workshops give students a chance to meet people who do similar jobs and work together on small group activities and real world case studies. During each workshop you will work through your assignment with your tutor and fellow students so at the end of it you should be clear about exactly what is required and what you need to do to successfully complete it.

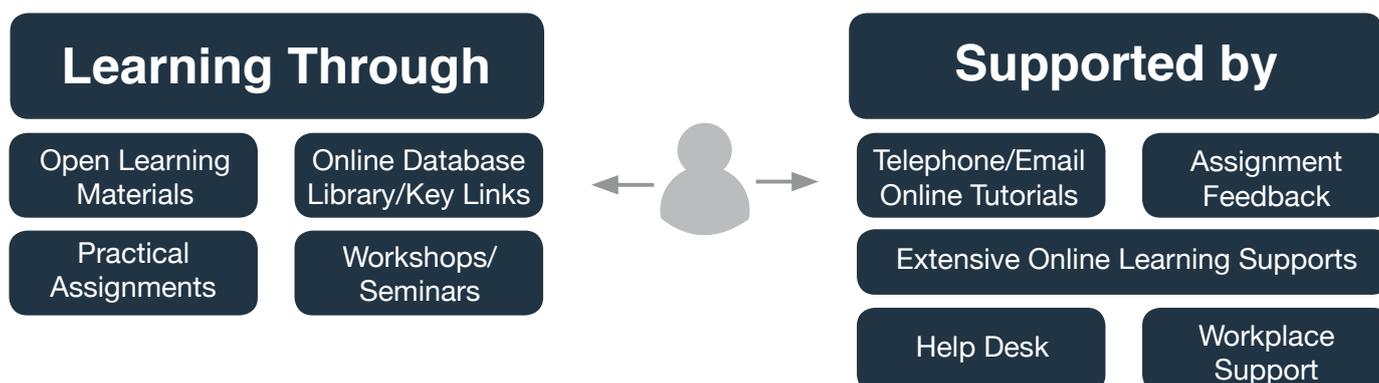
## What Is It Like To Study At The College?

Depending on the programme you are completing, you may experience a combination of online learning, tutorials (telephone, online, virtual) and/or face to face workshops. Learning materials are explicitly designed to accommodate the pressures that come with trying to balance work, life and learning. They make it possible to build study time around your work schedule.

If your programme involves online aspects, you have a dedicated elearning team who will support you in completing the online requirements and be there to answer questions throughout your studies. Regular workshops and tutorials will expand your knowledge of the topic, help you apply it in your working practice and answer any questions you have as you study.

Underpinning all of this is our learning community. This is made up of tutors who have extensive first-line experience, learning support staff who understand the challenges people can face when attending college and our students who are defined by their commitment to supporting each other. We believe this creates a learning experience that is unique to the Open Training College.

This is known as the OTC **Supported Open Learning Model**.



The OTC Supported Open Learning Model

## Core Modules

### Intellectual Disability Studies

This module serves as an introduction to the course, and intellectual disability. It explores:

- How intellectual disability has traditionally been defined and understood
- How societies have responded to people with intellectual disability
- The history and evolution of support services
- Contemporary thinking and policy in relation to intellectual disability and its impact on frontline workers

### Empowering the Individual

This module provides you with the tools to implement a person centred approach in your job. A person centred approach allows you to:

- Empower individuals and families, where relevant, to make positive life decisions
- Promote empowerment in service delivery

### Community Inclusion

Promoting community inclusion and providing the right supports to assist service users develop meaningful links to the community are fundamental tasks in frontline work. This module provides you with the skills to:

- Support a person achieve active involvement in their community; and,
- Support a person to develop roles and relationships that are based on their interests, skills and capacities.

### Facilitating Learning

This is a practical module that provides you with the tools to teach in a way that supports a person learn what matters to them so they can achieve their life goals.

### Personal Effectiveness

This module provides an opportunity to:

- Assess and reflect on your current capacities and capabilities
- Develop the key skills required of a frontline worker, including:
  - Problem solving techniques
  - Professional communication skills
  - Abilities to work effectively with others

### Work Practice

This module focuses on your role as a member of a team and how the organisational, regulatory, legal and economic environment you work in impacts on your ability to support service users. It explores how increased professionalism and working within defined policies and procedures make for a more effective workplace.

## Electives - Choose Two

### Person Centred Focus to Disability

This module explores in detail the philosophy behind the person centred approach to disability and examines how to apply it in your day-to-day practice.

### Challenging Behaviour

This module provides you with the tools required to support a person exhibiting challenging behaviour in a very person centred and effective way.

### Sexuality and Intellectual Disability

The module topics include:

- How sexuality and development are defined
- The legislative environment governing how sexuality in the context of intellectual disability are understood
- Ways in which personal attitudes towards sexuality and sexual identity may impact on the supports a person receives
- Your role and responsibilities

### Supported Employment

The module provides you with the tools required to:

- Effectively support a job seeker starting their career
- Work with and gain buy-in from employers

### Working Together with Families

This module provides you with the skills to:

- Identify opportunities for family involvement
- Work collaboratively with them to support a family member
- Effectively address challenges and issues that can arise

### Individualised Supports

This module provides you with the tools needed to work closely with people with intellectual disability and their families in individualised service settings.

### Facilitating Communication through Lámh and Total Communication (counts as 2 electives)

This bespoke training is for those who use Lámh extensively in their work and are involved in supporting Lámh users and their families. It provides comprehensive guidance in facilitating Lámh using a total communication approach.  
<http://www.lamh.org>

**Lámh**



## The Course Director View

### Meet Claire Hopkins - Course Director

#### How do students benefit from doing this course?

The course is designed to guide staff in meeting the challenges and opportunities they face in the Intellectual Disability sector. Staff need to be informed of changing policy, legislation, regulation and best practice. This course informs and instructs students on how to enhance their practice in this changing workplace.

#### What is the biggest fear that students have?

I find that participants can lack confidence in their abilities as a practitioner and as a learner. This course will recognise and support the student's strengths.

It will enhance abilities while addressing the areas of practice that need to be better. I am always delighted when I hear students say 'I never saw it in that way before', or 'that is a good idea! I can try that out and see if that works!'.

#### How does the College support the student?

It can be nerve racking to face the commitment of completing a full award. We understand this and have developed tried and tested supports that will address any concerns and anxieties. We always look forward to working with new students because our model of training delivery revolves around a supportive and respectful environment. Common reactions to the workshops and the course materials have been:

- "Thought provoking"
- "Enjoyable"
- "Made me look at my work in a completely different way."



## The Student View

### Meet Margaret McDonald - Care Assistant, Daughters of Charity

#### What made you sign up to the course?

I have been working in disability services for 36 years and have seen some of our residents grow up from childhood to adulthood. It has been such a rewarding time for me. Even with such experience, I agree that we are living in changing times and I agree with the HIQA regulations and I believe strongly that a proper qualification is very important no matter what your age or experience. You are never too old to learn!

#### Has the OTC supported you through the course?

I have had great support from my tutor. She puts everything in very simple and easily understood terms. She has me so prepared that even if she wrote my assignment for me, it would be no better than mine.

#### What was your main concern before starting the course?

I had not studied since doing my Leaving Cert. many, many years ago. I was fearful of the workload and time management issues but I have learned to prioritise and balance the required study with my work and family life. I am very committed to making the most of my opportunity to do the course.

#### What has been the main benefit from doing the course?

It's given me the skills to take a step back and look at things differently and to analyse my work practices more constructively. I think I am now more enthusiastic about the work we do and about accommodating new ideas from team members. At the end of the day, it's all about providing a better service for our service users.

## Accredited Training for the Human Services and Nonprofit Sector

### Entry Requirements

You can apply for this course if you:

- Work at least part time in a disability service or as an SNA in a school
- Volunteer for at least 2-4 hours per week in a similar service

If you do not fall into these categories but are interested in the course, please contact us.

### How Do I Apply?

You can apply for this course online. Please visit our Application Centre ([opentrainingcollege.com](http://opentrainingcollege.com)) where you can:

- Find complete list of all the information you will need to provide when making an application
- Learn about what happens after you've made your application
- Submit and monitor your application

### Working Together with the OTC

The Open Training College has spent 25 years working as training experts and consultants for the human services and nonprofit sector.

Our collaborative approach can be organised into three categories:

- Customised Training - onsite local delivery
- HIQA Training and Collaboration
- eLearning - providing a bespoke eLearning platform for your staff

If you are planning training for your staff or require further information, please contact **Conor Murray, our Corporate Services Manager.**

### About the OTC

The Open Training College, established in 1992, is a formally recognised, award winning institution providing programmes leading to QQI awards to the human services and nonprofit sector.

We believe that the learning community created by the collaboration between ourselves, our students and the more than 220 organisations we partner with, has created a unique environment in which people from the human services and nonprofit sector can learn in ways that can make a real difference to the citizens that use our human services.



### Contact

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