



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Quality Of Life Skills Development For Blind And Partially Sighted Children Training

Education, Training and Development / Adult Learning

Unit Standard 117094 · NQF Level 5 · 20 Credits · 17 Days

COURSE OVERVIEW

This course equips educators, caregivers, and therapists with the skills to enhance the quality of life for blind and partially sighted children through targeted life skills development. Participants will learn to design and implement adaptive programmes that foster independence, social integration, and emotional well-being. The training emphasizes practical strategies for daily living, mobility, and communication tailored to visual impairment.

Category	Education, Training and Development
Subfield	Adult Learning
Unit Standard	117094
Accreditation	SAQA Accredited · NQF Level 5 · 20 Credits
Duration	17 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of life skills development to create individualized plans for blind and partially sighted children.
- Analyze the specific needs of visually impaired children in areas of daily living, orientation, and social interaction.
- Evaluate existing programmes and adapt them to promote independence and quality of life.
- Design and implement activities that enhance mobility, communication, and self-care skills.
- Demonstrate effective use of assistive technologies and adaptive techniques in training sessions.
- Assess progress and modify interventions based on child development and feedback.

WHO SHOULD ATTEND

- This course is designed for teachers, special needs educators, occupational therapists, social workers, and caregivers working with blind or partially sighted children in educational or community settings.

COURSE OUTLINE

Day 1: Introduction to Quality of Life and Disability Context

- Definition and dimensions of quality of life.
- Overview of visual impairment: blindness vs. partial sight.
- South African policy framework for disability and inclusive education.
- Introduction to the biopsychosocial model.
- Role of the trainer and ethical considerations.

Day 2: Child Development and Visual Impairment

- Developmental domains: physical, cognitive, social-emotional.
- Impact of lack of visual input on development.
- Sensory compensation: touch, hearing, smell, taste.
- Early intervention programmes and family support.
- Case studies of developmental delays.

Day 3: Communication and Language Development

- Pre-linguistic communication and joint attention.
- Braille literacy and tactile graphics.
- Augmentative and alternative communication (AAC).
- Encouraging verbal language through descriptive language.
- Social communication and turn-taking.

Day 4: Orientation and Mobility (O&M;) Foundations

- Spatial concepts: left/right, front/back, above/below.
- Body awareness and laterality.
- Pre-cane skills: trailing, protective techniques.
- Sound localisation and echolocation.
- Environmental modifications for safety.

Day 5: Sensory Stimulation and Integration

- Sensory integration: tactile, auditory, proprioceptive, vestibular.
- Multisensory learning activities.
- Sensory diets and calming techniques.
- Use of sound, texture, and smell in lessons.
- Adapting toys and materials.

Day 6: Social and Emotional Development

- Social isolation and peer interaction strategies.
- Teaching non-verbal cues and social scripts.
- Self-advocacy and assertiveness.
- Emotional literacy and coping skills.
- Positive behaviour support.

Day 7: Independent Living Skills – Activities of Daily Living (ADL)

- Personal hygiene and grooming.
- Dressing and fastenings.
- Eating and table manners.
- Household chores and organisation.

- Adaptive equipment and labelling.

Day 8: Assistive Technology and Low Vision Devices

- Low vision aids: optical and electronic magnifiers.
- Screen readers (JAWS, NVDA) and magnification software.
- Braille notetakers and refreshable braille displays.
- Talking calculators and GPS apps.
- Selecting and maintaining AT.

Day 9: Inclusive Education and Curriculum Adaptations

- Curriculum differentiation and universal design for learning (UDL).
- Transcribing materials: braille, tactile graphics, audio.
- Classroom accommodations: seating, lighting, contrast.
- Co-teaching and support models.
- Assessment adaptations.

Day 10: Recreation, Leisure, and Physical Activity

- Adapted sports: goalball, beep baseball, athletics.
- Sensory-rich play and nature exploration.
- Music, drama, and tactile arts.
- Social clubs and community integration.
- Safety considerations in physical activity.

Day 11: Family and Community Involvement

- Family dynamics and coping strategies.
- Parent training programmes and home-based activities.
- Networking with NGOs and support groups.
- Culturally sensitive approaches.
- Respite care and sibling support.

Day 12: Transition Planning and Life Skills for Adolescents

- Transition assessment and individualised plans.
- Career exploration and job shadowing.
- Money management and budgeting.
- Public transportation and travel training.
- Self-advocacy in adult services.

Day 13: Psychosocial Support and Counselling

- Common psychosocial issues: anxiety, depression, low self-esteem.
- Grief model for vision loss.
- Building resilience and coping mechanisms.
- Peer support groups.
- Ethical boundaries and referral pathways.

Day 14: Assessment and Individualised Planning

- Functional vision assessment (FVA) and learning media assessment.
- Setting SMART goals for QoL domains.
- Observation and portfolio assessment.
- Collaborative goal setting with family and team.
- Documentation and reporting.

Day 15: Advocacy and Rights Awareness

- UNCRPD and South African disability rights.
- Self-advocacy training for children.
- Accessibility audits and universal design.
- Public speaking and awareness activities.
- Networking with advocacy organisations.

Day 16: Professional Ethics and Reflective Practice

- Code of ethics for disability professionals.
- Reflective practice models.
- Supervision and peer support.
- Cultural competence and humility.
- Self-care and preventing burnout.

Day 17: Integration, Evaluation, and Action Planning

- Case study integration: holistic QoL plan.
- Monitoring and evaluation frameworks.
- Presentation of action plans.
- Peer feedback and group discussion.
- Certification requirements and next steps.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **20 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 56,500.00	R 56,500.00
1	In-House	R 73,400.00	R 73,400.00
1	On-Campus (Pretoria)	R 84,700.00	R 84,700.00

UPCOMING SESSIONS

Start	End	Method	Venue
04 Aug 2026	26 Aug 2026	On-Campus	Dubai, UAE
05 Aug 2026	27 Aug 2026	On-Campus	Pretoria, South Africa
05 Aug 2026	27 Aug 2026	On-Campus	Lagos, Nigeria
06 Aug 2026	28 Aug 2026	On-Campus	Johannesburg, South Africa
07 Aug 2026	31 Aug 2026	On-Campus	Mauritius
10 Aug 2026	01 Sep 2026	On-Campus	Dubai, UAE
11 Aug 2026	02 Sep 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	03 Sep 2026	On-Campus	Abu Dhabi, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 117094) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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