



Accredited Africa Training Institute for Capacity Development

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

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aatikd.co.za · Website: www.aatikd.co.za

COURSE BROCHURE

Supporting Optimal Functioning For People With Intellectual Disabilities Training

Health Sciences and Social Services / Promotive Health and Developmental Services

Unit Standard 117502 · NQF Level 4 · 18 Credits · 15 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to support people with intellectual disabilities in achieving optimal functioning. It focuses on person-centered approaches, communication strategies, and promoting independence within a supportive environment. Participants will learn to apply ethical principles and best practices to enhance the quality of life for individuals with intellectual disabilities.

Category	Health Sciences and Social Services
Subfield	Promotive Health and Developmental Services
Unit Standard	117502
Accreditation	SAQA Accredited · NQF Level 4 · 18 Credits
Duration	15 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate an understanding of intellectual disabilities and their impact on daily functioning.
- Apply person-centered planning techniques to support individual goals and preferences.
- Implement effective communication strategies tailored to the needs of people with intellectual disabilities.
- Evaluate environmental and social factors that influence optimal functioning.
- Design support plans that promote independence, dignity, and inclusion.
- Analyze ethical and legal considerations in supporting people with intellectual disabilities.

WHO SHOULD ATTEND

- This course is designed for caregivers, support workers, healthcare professionals, and community workers who provide direct support to people with intellectual disabilities.
- It is also suitable for family members and volunteers seeking to improve their understanding and practical skills.

COURSE OUTLINE

Day 1: Introduction to Intellectual Disability

- Definition and classification of intellectual disability (DSM-5, ICD-10).
- Aetiology: genetic, prenatal, perinatal, and postnatal causes.
- Prevalence and demographics in South Africa.
- Historical perspectives: institutionalisation to community inclusion.
- Ethical considerations and human rights frameworks (UNCRPD).
- Overview of the unit standard 117502.

Day 2: Models of Disability and Support

- Medical model vs social model vs biopsychosocial model.
- The ICF framework: body functions, activities, participation.
- Person-centred planning: principles and practices.
- Strengths-based approach and empowerment.
- Case studies illustrating different models.

Day 3: Communication and Interpersonal Skills

- Communication challenges: expressive and receptive language.
- AAC systems: low-tech (pictures, symbols) and high-tech (speech-generating devices).
- Active listening, paraphrasing, and validation.
- Non-verbal cues and environmental adaptations.
- Role-play: effective communication scenarios.

Day 4: Assessment and Individualised Support Planning

- Assessment tools: Vineland Adaptive Behavior Scales, Supports Intensity Scale.
- Involving the person, family, and multidisciplinary team.
- Writing SMART goals and objectives.
- Components of an ISP: daily living, social, vocational, health.
- Reviewing and updating plans based on feedback.

Day 5: Supporting Daily Living Skills

- Self-care: bathing, toileting, oral hygiene, grooming.
- Domestic skills: meal preparation, cleaning, laundry.
- Community living: shopping, using public transport.
- Task analysis: breaking down complex tasks.
- Prompting: least-to-most, fading, chaining.
- Environmental modifications: visual schedules, labelling.

Day 6: Behavioural Support and Positive Behaviour Support (PBS)

- Definitions of challenging behaviour: aggression, self-injury, stereotypic behaviour.
- Functions: communication, sensory, escape, tangible.
- PBS framework: prevention, teaching, reinforcement.
- FBA: ABC charts, interviews, direct observation.
- Developing behaviour support plans (BSPs).
- Crisis management and de-escalation techniques.

Day 7: Health and Wellbeing

- Common comorbidities: epilepsy, obesity, dental problems, sensory impairments.

- Health promotion: diet, physical activity, routine check-ups.
- Medication: administration, monitoring, side effects (antipsychotics, anticonvulsants).
- Mental health: anxiety, depression, trauma-informed care.
- Pain assessment tools for non-verbal individuals.

Day 8: Social Inclusion and Community Participation

- Social skills training: turn-taking, sharing, conversation.
- Friendship and relationship support.
- Community inclusion: recreation, volunteering, employment.
- Supported employment: job coaching, workplace accommodations.
- Anti-stigma campaigns and awareness raising.
- Self-advocacy and peer support groups.

Day 9: Supporting Families and Carers

- Family systems theory and stages of adaptation.
- Grief, stress, and resilience in families.
- Information and referral: disability grants, support organisations.
- Respite care options: in-home, centre-based.
- Communication and conflict resolution with families.
- Support groups and family advocacy.

Day 10: Legal and Ethical Issues

- South African legal framework: Constitution, Mental Health Care Act 17 of 2002.
- Informed consent: capacity assessment, substitute decision-making.
- Guardianship and curatorship.
- Abuse: types (physical, sexual, financial), signs, reporting procedures.
- Ethical dilemmas: balancing autonomy and protection.
- Code of conduct for support workers.

Day 11: Transition Planning Across the Lifespan

- Transition from school: further education, employment, day programmes.
- Residential transitions: from family home to group home, independent living.
- Ageing with intellectual disability: dementia, retirement.
- Transition planning tools: person-centred transition plans.
- Interagency collaboration and referral pathways.
- Supporting emotional adjustment.

Day 12: Assistive Technology and Environmental Adaptations

- Assistive technology categories: AAC, mobility aids, adaptive utensils.
- Smart home technology: sensors, automated alarms, voice control.
- Environmental adaptations: ramps, grab bars, visual cues.
- Funding sources: NHI, disability grants, NGOs.
- Training and troubleshooting.
- Case examples: selecting appropriate technology.

Day 13: Crisis Intervention and Safety

- Crisis cycle: trigger, escalation, crisis, recovery.
- De-escalation: verbal techniques, calming strategies.
- Physical intervention: legal and ethical considerations.

- Safety planning: environmental safeguards, staff training.
- Emergency procedures: medical, behavioural, evacuation.
- First aid basics: seizures, choking, wounds.
- Debriefing and post-crisis support.

Day 14: Professional Development and Self-Care

- Self-awareness: values clarification, cultural competence.
- Stress management: mindfulness, time management.
- Burnout prevention: supervision, peer support.
- CPD: workshops, reading, networking.
- Supervision models and reflective practice.
- Creating a personal self-care plan.

Day 15: Integration, Evaluation, and Action Planning

- Review of key concepts: person-centred support, PBS, communication.
- Case study integration: developing a comprehensive support plan.
- Simulated team meeting: presenting and discussing plans.
- Action planning: setting goals, timelines, resources.
- Course evaluation and feedback.
- Certification 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 **18 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 48,600.00	R 48,600.00
1	In-House	R 63,200.00	R 63,200.00
1	On-Campus (Pretoria)	R 72,900.00	R 72,900.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Aug 2026	27 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	28 Aug 2026	On-Campus	Pretoria, South Africa
11 Aug 2026	31 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	01 Sep 2026	On-Campus	Durban, South Africa
12 Aug 2026	01 Sep 2026	On-Campus	Mauritius
13 Aug 2026	02 Sep 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	03 Sep 2026	On-Campus	Dubai, UAE
17 Aug 2026	04 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 117502) 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.

Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza, 1122 Burnett St, Hatfield 0028, Pretoria, Gauteng, South Africa
Tel: +27 12 004 8389 · WhatsApp: +27 65 077 6310 · apply@aaticd.co.za · www.aaticd.co.za