



## 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

# Supporting Clients With Intellectual Disability

Health Sciences and Social Services / Promotive Health and Developmental Services

Unit Standard 260380 · NQF Level 4 · 15 Credits · 12 Days

## COURSE OVERVIEW

This course equips support workers, caregivers, and healthcare professionals with the skills to facilitate the optimal functioning of clients with intellectual disability. It focuses on promoting independence, dignity, and quality of life through person-centred support strategies. Participants will learn to assess needs, design support plans, and evaluate outcomes within ethical and legal frameworks.

|                 |                                             |
|-----------------|---------------------------------------------|
| Category        | Health Sciences and Social Services         |
| Subfield        | Promotive Health and Developmental Services |
| Unit Standard   | 260380                                      |
| Accreditation   | SAQA Accredited · NQF Level 4 · 15 Credits  |
| Duration        | 12 days                                     |
| Training Method | Online, On-Campus, In-House                 |
| Certificate     | Issued via AATICD LMS – verifiable online   |

## LEARNING OUTCOMES

- Apply person-centred principles to assess the strengths and support needs of clients with intellectual disability.
- Design individualised support plans that promote optimal functioning and independence.
- Demonstrate effective communication techniques tailored to clients with intellectual disability.
- Implement strategies to facilitate community inclusion and social participation.
- Evaluate the effectiveness of support interventions and adjust plans accordingly.
- Analyse ethical and legal considerations in supporting clients with intellectual disability.

## WHO SHOULD ATTEND

- This course is designed for support workers, caregivers, community health workers, and professionals in disability care settings who work directly with clients with intellectual disability.

## COURSE OUTLINE

### Day 1: Understanding Intellectual Disability

- Definition and classification of intellectual disability
- Aetiology: genetic, prenatal, perinatal, and postnatal causes
- Prevalence and demographics in South Africa
- Common co-occurring conditions (e.g., epilepsy, autism)
- Functional domains affected: cognitive, social, practical
- Myths and misconceptions about intellectual disability
- Introduction to person-centred care principles

### Day 2: Legal and Ethical Frameworks

- The Constitution of South Africa and disability rights
- Mental Health Care Act 17 of 2002
- The White Paper on the Rights of Persons with Disabilities
- Ethical principles: beneficence, non-maleficence, autonomy, justice
- Informed consent and decision-making capacity
- Confidentiality and information sharing
- Advocacy and guardianship issues

### Day 3: Communication Strategies

- Verbal and non-verbal communication challenges
- AAC systems: picture exchange, sign language, speech-generating devices
- Using plain language and concrete examples
- Visual schedules and social stories
- Active listening and responding with empathy
- Checking understanding and confirming messages
- Involving family and support workers in communication

### Day 4: Person-Centred Planning

- History and philosophy of person-centred planning
- Key elements: choice, control, community inclusion
- Tools: MAP, PATH, Essential Lifestyle Planning
- Roles of the client, family, and multidisciplinary team
- Writing measurable and meaningful goals
- Implementing and reviewing the plan
- Overcoming barriers to person-centredness

### Day 5: Positive Behaviour Support

- Understanding challenging behaviour: triggers and functions
- PBS framework: primary, secondary, and tertiary prevention
- Functional behaviour assessment methods
- Antecedent, behaviour, consequence (ABC) analysis
- Proactive strategies: environmental modifications, skill building
- Reactive strategies: de-escalation and crisis management
- Ethical use of restrictive practices

### Day 6: Supporting Daily Living Skills

- Daily living skills assessment tools
- Task analysis: breaking tasks into small steps
- Prompting hierarchy: least-to-most
- Teaching personal hygiene, dressing, and grooming
- Domestic skills: cooking, cleaning, laundry
- Community skills: shopping, using public transport
- Money management: budgeting, recognising currency
- Health promotion: nutrition, exercise, medication management

#### **Day 7: Social Inclusion and Relationships**

- Social inclusion vs. integration
- Community mapping and natural supports
- Friendship and peer support networks
- Sexuality education for persons with intellectual disability
- Consent, boundaries, and safe relationships
- Recognising signs of abuse and neglect
- Reporting and safeguarding procedures

#### **Day 8: Mental Health and Wellbeing**

- Dual diagnosis: intellectual disability and mental illness
- Diagnostic overshadowing
- Anxiety disorders: signs and support strategies
- Depression: identification and intervention
- Trauma-informed care
- Self-regulation and coping skills
- Referral pathways to mental health services
- Staff self-care and vicarious trauma

#### **Day 9: Working with Families and Carers**

- Family systems theory and disability
- Grief and adaptation process for families
- Effective communication: listening, empathy, transparency
- Collaborative goal setting with families
- Respite care and support groups
- Sibling support and advocacy
- Cultural considerations in family support
- Preventing and managing caregiver burnout

#### **Day 10: Assistive Technology and Adaptations**

- Low-tech vs. high-tech assistive devices
- Communication aids: speech output devices, apps
- Mobility aids: walkers, wheelchairs, adapted vehicles
- Environmental control systems
- Home modifications: ramps, grab bars, lighting
- Smart home technology for safety and independence
- Funding sources for assistive technology in South Africa
- Training and maintenance of devices

### Day 11: Advocacy and Empowerment

- Types of advocacy: self-advocacy, peer advocacy, citizen advocacy
- Teaching self-advocacy skills: speaking up, making choices
- Advocacy in healthcare, education, and employment
- Navigating social grants, housing, and disability services
- Empowerment principles: strengths-based approach
- Supporting clients to participate in advocacy groups
- Legal advocacy and the role of the Public Protector

### Day 12: Integration and Professional Practice

- Case study: multi-faceted support plan development
- Complex ethical dilemmas and problem-solving
- Interdisciplinary team collaboration
- Documentation and record-keeping best practices
- Self-reflection and continuous professional development
- Course review and key takeaways
- Final assessment and certification

## 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 **15 NQF credits** at **NQF Level 4**.

## PRICING (PER DELEGATE, EX-VAT)

| Delegates | Training Method      | Price per Delegate | Total       |
|-----------|----------------------|--------------------|-------------|
| 1         | Online               | R 41,000.00        | R 41,000.00 |
| 1         | In-House             | R 53,300.00        | R 53,300.00 |
| 1         | On-Campus (Pretoria) | R 61,500.00        | R 61,500.00 |

## UPCOMING SESSIONS

| Start       | End         | Method    | Venue                   |
|-------------|-------------|-----------|-------------------------|
| 10 Aug 2026 | 25 Aug 2026 | On-Campus | Dubai, UAE              |
| 11 Aug 2026 | 26 Aug 2026 | On-Campus | Durban, South Africa    |
| 12 Aug 2026 | 27 Aug 2026 | On-Campus | Pretoria, South Africa  |
| 12 Aug 2026 | 27 Aug 2026 | On-Campus | Mauritius               |
| 14 Aug 2026 | 31 Aug 2026 | On-Campus | Abu Dhabi, UAE          |
| 14 Aug 2026 | 31 Aug 2026 | On-Campus | Cape Town, South Africa |
| 17 Aug 2026 | 01 Sep 2026 | On-Campus | Shenzhen, China         |
| 17 Aug 2026 | 01 Sep 2026 | On-Campus | Pretoria, South Africa  |

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](http://www.aaticd.co.za), open the page for this course (Unit Standard 260380) 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](mailto: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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