



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

Promoting Daily Living Activities for Disability or Chronic Conditions

Health Sciences and Social Services / Rehabilitative Health/Services

Unit Standard 260479 · NQF Level 2 · 9 Credits · 6 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to promote and support activities of daily living for clients with disabilities or chronic conditions. It focuses on enabling clients to maintain independence and dignity through person-centred care and adaptive strategies. Learners will understand how to assess, plan, and implement interventions that enhance functional ability and quality of life.

Category	Health Sciences and Social Services
Subfield	Rehabilitative Health/Services
Unit Standard	260479
Accreditation	SAQA Accredited · NQF Level 2 · 9 Credits
Duration	6 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of person-centred care to promote client autonomy in daily living activities.
- Analyze the impact of disability or chronic conditions on a client's ability to perform activities of daily living.
- Demonstrate techniques to assist clients with mobility, personal care, and household tasks safely and respectfully.
- Implement strategies to adapt environments and routines to support client independence.
- Evaluate the effectiveness of interventions and adjust care plans in collaboration with the client and multidisciplinary team.
- Demonstrate effective communication and documentation practices in promoting daily living activities.

WHO SHOULD ATTEND

- This course is designed for healthcare workers, caregivers, support workers, and community health practitioners who assist clients with disabilities or chronic conditions in residential, home-based, or community settings.

COURSE OUTLINE

Day 1: Understanding Disability and Chronic Conditions

- Introduction to disability and chronic conditions
- Models of disability: medical vs. social
- South African legislative framework (e.g., the White Paper on the Rights of Persons with Disabilities)
- Overview of common chronic conditions (e.g., diabetes, arthritis, HIV/AIDS)
- Impact on activities of daily living (ADLs)
- Person-centred care principles

Day 2: Assessment and Goal Setting for Daily Living Activities

- Functional assessment tools (e.g., Barthel Index, Katz ADL scale)
- Observational techniques and client interviews
- Identifying barriers and facilitators
- Goal setting using SMART criteria
- Involving clients and families in the planning process
- Documentation and reporting standards

Day 3: Promoting Independence in Self-Care Activities

- Self-care activities: bathing, dressing, grooming, toileting, feeding
- Adaptive equipment: grab bars, raised toilet seats, dressing aids
- Assistive technology for daily living
- Safe transfer techniques (e.g., sliding board, stand pivot)
- Positioning for comfort and function
- Energy conservation and work simplification
- Joint protection principles

Day 4: Supporting Mobility and Household Management

- Mobility aids: walkers, canes, wheelchairs
- Home modifications: ramps, grab bars, lighting
- Fall prevention strategies
- Household management: meal preparation, cleaning, laundry
- Adaptive techniques for kitchen and bathroom tasks
- Medication management and adherence
- Health monitoring (e.g., blood pressure, blood glucose)

Day 5: Communication, Social Participation, and Psychosocial Support

- Augmentative and alternative communication (AAC) devices
- Strategies for cognitive impairments (memory aids, routines)
- Social skills training and community resources
- Psychosocial impact of disability and chronic conditions
- Coping strategies and resilience building
- Caregiver support and education
- Referral to counselling and support groups

Day 6: Integration, Evaluation, and Professional Practice

- Comprehensive care planning and coordination
- Outcome evaluation and reassessment

- Ethical issues: autonomy, dignity, confidentiality
- Legal considerations: informed consent, advocacy
- Interdisciplinary teamwork and referral networks
- Self-care and burnout prevention for practitioners
- Creating a professional development plan

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 **9 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 25,600.00	R 25,600.00
1	In-House	R 33,300.00	R 33,300.00
1	On-Campus (Pretoria)	R 38,400.00	R 38,400.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	17 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	18 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	19 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	19 Aug 2026	On-Campus	Mauritius
14 Aug 2026	21 Aug 2026	On-Campus	Abu Dhabi, UAE
14 Aug 2026	21 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	24 Aug 2026	On-Campus	Shenzhen, China
17 Aug 2026	24 Aug 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, open the page for this course (Unit Standard 260479) 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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