



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

Basic Interventions for Disability Mobility and Pain Relief

Health Sciences and Social Services / Preventive Health

Unit Standard 260498 · NQF Level 2 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips participants with the knowledge and skills to provide basic interventions aimed at preventing deformities, improving mobility, and reducing pain for clients with disabilities. It focuses on practical techniques that can be safely applied in community or care settings, empowering support workers to enhance clients' quality of life.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	260498
Accreditation	SAQA Accredited · NQF Level 2 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply basic positioning and handling techniques to prevent deformities in clients with disabilities.
- Demonstrate safe assisted mobility exercises to improve range of motion and functional movement.
- Implement simple pain relief strategies using non-pharmacological methods.
- Evaluate clients' mobility and pain levels to identify appropriate interventions.
- Design a basic intervention plan tailored to individual client needs and limitations.

WHO SHOULD ATTEND

- Caregivers, community health workers, disability support workers, and other frontline staff who assist clients with physical disabilities in home-based or institutional care environments.

COURSE OUTLINE

Day 1: Introduction to Disability and Mobility Interventions

- Definitions and models of disability (medical vs. social models).
- Overview of mobility impairments and associated challenges.
- Introduction to pain mechanisms and pain relief principles.
- Ethical considerations and consent in disability care.
- Role of the caregiver and multidisciplinary team.
- Basic safety principles when assisting individuals with disabilities.

Day 2: Assessment and Goal Setting

- Functional assessment tools (e.g., Barthel Index, pain scales).
- Observational gait analysis and posture assessment.
- Identifying environmental barriers (home, workplace).
- Goal setting using SMART criteria.
- Communication strategies with clients and families.
- Introduction to outcome measures.

Day 3: Mobility Interventions and Assistive Devices

- Types of mobility aids: selection and fitting.
- Safe transfer techniques: manual handling, hoists.
- Wheelchair mobility: propulsion, transfers, pressure relief.
- Range of motion exercises and strengthening.
- Gait training with assistive devices.
- Fall prevention strategies.

Day 4: Pain Relief Techniques and Modalities

- Pain physiology and types of pain (acute, chronic, neuropathic).
- Heat and cold therapy: indications and contraindications.
- Basic massage techniques for pain relief.
- Relaxation techniques: deep breathing, progressive muscle relaxation.
- TENS (Transcutaneous Electrical Nerve Stimulation) basics.
- Positioning and ergonomics to reduce pain.
- When to refer: red flags and warning signs.

Day 5: Integration, Care Planning, and Community Resources

- Creating a comprehensive intervention plan.
- Client and caregiver education strategies.
- Home modification recommendations.
- Community resources: support groups, transport, funding.
- Monitoring progress and reassessment.
- Legal and ethical considerations in disability care.
- Course review and assessment.

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 **8 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 16,900.00	R 16,900.00
1	In-House	R 22,000.00	R 22,000.00
1	On-Campus (Pretoria)	R 25,400.00	R 25,400.00

UPCOMING SESSIONS

Start	End	Method	Venue
24 Aug 2026	28 Aug 2026	On-Campus	Victoria Falls, Zimbabwe
24 Aug 2026	28 Aug 2026	On-Campus	Bangkok, Thailand
24 Aug 2026	28 Aug 2026	On-Campus	Harare, Zimbabwe
24 Aug 2026	28 Aug 2026	On-Campus	Shenzhen, China
24 Aug 2026	28 Aug 2026	On-Campus	Durban, South Africa
24 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE
31 Aug 2026	04 Sep 2026	On-Campus	Shenzhen, China
31 Aug 2026	04 Sep 2026	On-Campus	Harare, Zimbabwe

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 260498) 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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