



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

Promote Daily Living Skills for Children with Disabilities

Health Sciences and Social Services / Preventive Health

Unit Standard 260559 · NQF Level 3 · 9 Credits · 6 Days

COURSE OVERVIEW

This course equips caregivers, educators, and healthcare workers with the skills to promote independence and optimal functioning in activities of daily living for children with disabilities. Participants will learn to assess individual needs, adapt environments, and implement supportive strategies that enhance the child's quality of life and participation in daily routines.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	260559
Accreditation	SAQA Accredited · NQF Level 3 · 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 assess a child's abilities and needs in activities of daily living.
- Analyse environmental barriers and adapt tasks or settings to facilitate the child's participation.
- Implement evidence-based strategies to promote self-care, mobility, and social engagement.
- Evaluate the effectiveness of interventions and adjust approaches to optimise the child's functioning.
- Demonstrate effective communication and collaboration with families and multidisciplinary teams.
- Design individualised activity plans that respect the child's dignity, culture, and developmental stage.

WHO SHOULD ATTEND

- This course is designed for support workers, early childhood development practitioners, occupational therapy assistants, and community health workers who support children with disabilities in home, school, or care settings.

COURSE OUTLINE

Day 1: Understanding Disability and Daily Living Skills

- Definitions: disability, impairment, activity limitation, participation restriction.
- Models of disability: medical vs. social model.
- Overview of common childhood disabilities (e.g., cerebral palsy, autism, intellectual disability).
- Daily living skills domains: self-care, communication, mobility, social interaction.
- Legal and ethical framework: Children's Act, SA Constitution, UN Convention on the Rights of Persons with Disabilities.
- Role of the support worker: attitudes, boundaries, and teamwork.
- Principles of person-centered care and empowerment.
- Introduction to the International Classification of Functioning, Disability and Health (ICF).

Day 2: Assessment and Goal Setting for Daily Living Skills

- Types of assessment: observation, interview, checklist, task analysis.
- Selecting appropriate assessment tools for different disabilities.
- Conducting a task analysis: breaking down skills into steps.
- Involving the child and family in the assessment process.
- Writing SMART goals: Specific, Measurable, Achievable, Relevant, Time-bound.
- Prioritization matrix: urgency, importance, child's interest.
- Ethical considerations: consent, confidentiality, cultural sensitivity.
- Documentation formats and reporting requirements.

Day 3: Teaching Self-Care Skills

- Self-care domains: bathing, grooming, oral hygiene, dressing, feeding, toileting.
- Teaching methods: chaining, shaping, prompting, fading.
- Visual schedules, social stories, and video modeling.
- Adaptive equipment: toothbrush grips, dressing aids, utensils, toilet seats.
- Positioning and handling techniques for safety.
- Addressing sensory sensitivities during self-care routines.
- Strategies for children with physical disabilities (e.g., one-handed techniques).
- Toileting: continence training, bowel and bladder management.

Day 4: Communication and Social Interaction Skills

- Communication development and barriers.
- AAC systems: low-tech (PECS, communication boards) and high-tech (speech-generating devices).
- Teaching functional communication: requesting, rejecting, commenting.
- Social skills curriculum: turn-taking, sharing, greeting, conversation.
- Structured play and leisure activities.
- Behavior support: positive reinforcement, antecedent strategies.
- Emotional regulation: using zones of regulation, calming strategies.
- Collaboration with speech therapists and other professionals.

Day 5: Mobility, Positioning, and Environmental Adaptations

- Principles of body mechanics and safe lifting.
- Positioning: lying, sitting, standing, and transferring.
- Mobility aids: walkers, crutches, wheelchairs, prosthetics.
- Orientation and mobility for children with visual impairments.
- Environmental modifications: ramps, grab bars, lighting, clutter removal.

- Adaptive seating and postural support.
- Fall prevention strategies.
- Home safety assessment and modifications.

Day 6: Program Implementation, Monitoring, and Family Collaboration

- Creating a daily schedule and routine.
- Data collection methods: frequency, duration, task analysis recording.
- Graphing and interpreting progress.
- Problem-solving common challenges.
- Family-centered approach: building rapport, training, and support.
- Interdisciplinary teamwork: roles of OT, PT, SLP, teacher.
- Transition planning: from early intervention to school.
- Self-care for support workers: managing stress and burnout.

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 3**.

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	Durban, South Africa
10 Aug 2026	17 Aug 2026	On-Campus	Dubai, UAE
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 260559) 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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