



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

Support Daily Living for Psychiatric Disorder Patients

Health Sciences and Social Services / Preventive Health

Unit Standard 260599 · NQF Level 3 · 12 Credits · 9 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to support individuals with psychiatric disorders in achieving optimal functioning through activities of daily living. It focuses on promoting independence, dignity, and quality of life within a person-centred care framework.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	260599
Accreditation	SAQA Accredited · NQF Level 3 · 12 Credits
Duration	9 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate an understanding of psychiatric disorders and their impact on activities of daily living.
- Assess the functional abilities and support needs of individuals with psychiatric disorders.
- Develop and implement person-centred support plans to promote independence in daily living activities.
- Apply therapeutic communication techniques to encourage participation in daily routines.
- Evaluate the effectiveness of support interventions and adjust plans as needed.
- Promote a safe and supportive environment that respects the individual's rights and dignity.

WHO SHOULD ATTEND

- This course is designed for healthcare workers, support staff, and caregivers who assist individuals with psychiatric disorders in residential, community, or clinical settings.

COURSE OUTLINE

Day 1: Introduction to Psychiatric Disorders and Daily Living Support

- Overview of common psychiatric disorders (schizophrenia, bipolar, depression, anxiety)
- Impact on activities of daily living (ADLs)
- Principles of recovery and rehabilitation
- Ethical framework: confidentiality, dignity, respect
- Legal framework: Mental Health Care Act, patient rights

Day 2: Communication and Interpersonal Skills

- Verbal and non-verbal communication
- Active listening and reflective responses
- De-escalation strategies for agitation or aggression
- Cultural sensitivity in communication
- Documentation and reporting

Day 3: Supporting Personal Care and Hygiene

- Bathing, oral care, and toileting assistance
- Dressing and grooming support
- Skin care and pressure area prevention
- Observing and reporting changes in self-care
- Adaptive equipment for personal care

Day 4: Nutrition, Meal Planning, and Eating Support

- Nutritional requirements for mental health
- Special diets (e.g., diabetic, gluten-free)
- Safe feeding techniques for dysphagia
- Hydration monitoring
- Encouraging independence in meal preparation

Day 5: Medication Management and Health Monitoring

- Medication administration routes and schedules
- Storage and disposal of medications
- Common psychotropic medications and side effects
- Vital signs: temperature, pulse, respiration, blood pressure
- Health promotion and prevention

Day 6: Supporting Mobility and Physical Activity

- Safe patient handling and transfer techniques
- Use of walkers, wheelchairs, and other aids
- Exercise programs for mental health
- Fall risk assessment and prevention
- Sleep hygiene strategies

Day 7: Social and Recreational Activities

- Activity planning: group and individual
- Art, music, and pet therapy
- Community outings and public transport training
- Social skills training

- Family involvement and support networks

Day 8: Crisis Intervention and Behavioural Support

- Triggers and early signs of relapse
- Verbal de-escalation and calming techniques
- Physical intervention: when and how (safety focus)
- Implementing positive behaviour support plans
- Post-crisis debriefing and documentation

Day 9: Comprehensive Support Planning and Evaluation

- Person-centred care planning
- Goal setting and outcome measurement
- Team communication and handover
- Self-care strategies for support workers
- Course review and integration

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 **12 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 33,300.00	R 33,300.00
1	In-House	R 43,300.00	R 43,300.00
1	On-Campus (Pretoria)	R 50,000.00	R 50,000.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	20 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	21 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	24 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	24 Aug 2026	On-Campus	Mauritius
14 Aug 2026	26 Aug 2026	On-Campus	Abu Dhabi, UAE
14 Aug 2026	26 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	27 Aug 2026	On-Campus	Shenzhen, China
17 Aug 2026	27 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 260599) 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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