



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 Independence in Adults with Physical Disabilities

Health Sciences and Social Services / Preventive Health

Unit Standard 260602 · NQF Level 3 · 9 Credits · 6 Days

COURSE OVERVIEW

This course equips healthcare and support workers with the knowledge and skills to promote independence in adults with physical disabilities. It focuses on enabling individuals to achieve optimal autonomy in daily living activities, enhancing their quality of life and dignity.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	260602
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

- Demonstrate an understanding of the principles of promoting independence for adults with physical disabilities.
- Apply strategies to support adults with physical disabilities in making choices and decisions about their daily lives.
- Implement person-centered approaches to facilitate independence in activities of daily living.
- Evaluate the physical and social environment to identify barriers and enablers to independence.
- Design individualized support plans that promote autonomy and self-reliance.
- Analyze ethical and legal considerations in promoting independence for adults with physical disabilities.

WHO SHOULD ATTEND

- This course is designed for healthcare professionals, caregivers, support workers, and community-based workers who assist adults with physical disabilities in residential, home-based, or institutional settings.

COURSE OUTLINE

Day 1: Understanding Disability and Independence

- Introduction to the course and unit standard
- Definitions: independence, disability, physical impairment
- Medical model vs. social model of disability
- Factors influencing independence: personal, environmental, social
- South African legislation: The Constitution, Promotion of Equality and Prevention of Unfair Discrimination Act, White Paper on the Rights of Persons with Disabilities
- Attitudinal barriers and enablers

Day 2: Assessment and Person-Centred Planning

- Principles of person-centred planning
- Functional assessment tools and techniques
- Identifying strengths, preferences, and goals
- Involving the person and their support network
- Developing an individualised support plan
- Documentation and record-keeping

Day 3: Environmental Adaptations and Assistive Technology

- Environmental assessment: home, workplace, community
- Home modifications: ramps, grab rails, bathroom adaptations
- Assistive technology: mobility aids, communication devices, daily living aids
- Funding and procurement of assistive technology in SA
- Safety considerations and maintenance of devices
- Role of occupational therapy and other professionals

Day 4: Supporting Personal Care and Daily Living Skills

- Promoting independence in personal care activities
- Safe transfer techniques and mobility support
- Self-care strategies: adaptive equipment, task breakdown
- Household management: cooking, cleaning, laundry
- Community participation: transport, shopping, social activities
- Risk assessment and safeguarding adults

Day 5: Communication, Advocacy, and Empowerment

- Communication methods: verbal, non-verbal, augmentative and alternative communication (AAC)
- Supporting decision-making and informed choice
- Advocacy: types, roles, and boundaries
- Empowerment strategies: building confidence, skills development
- Social inclusion: community groups, peer support networks
- Cultural considerations in communication and advocacy

Day 6: Integration, Evaluation, and Professional Practice

- Review of key concepts from days 1-5
- Case study: developing an integrated support plan
- Monitoring and evaluation of independence outcomes
- Ethical considerations: dignity, privacy, confidentiality
- Professional boundaries and team collaboration

- Self-care for support workers and avoiding burnout
- Course summary and assessment preparation

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	Pretoria, South Africa
10 Aug 2026	17 Aug 2026	On-Campus	Mauritius
12 Aug 2026	19 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	19 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	21 Aug 2026	On-Campus	Durban, South Africa
14 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	24 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	24 Aug 2026	On-Campus	Abu Dhabi, UAE

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 260602) 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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