

Activity and Inclusion

Specialist

Who is this course aimed at?

This course is aimed at those who wish to provide stimulating activities for those in residential care

Course Aims

To be able to provide stimulating activities for those in care

Learning Outcomes

- Understand how quality of life is assessed
- Recognise the factors that can impact resident life satisfaction
- Be aware of the effect that social isolation can have on mental and physical health
- Recognise the factors that can cause feelings of loneliness and isolation
- Recognise the barriers that can prevent socialisation and inclusion
- Be aware of methods to overcome these barriers
- Recognise the benefits of social activities
- Be aware of the different forms of group and one-to-one activities
- Recognise the importance of exercise for elderly people
- Know how to adapt activities using the STEP Model
- Understand how continued learning opportunities are beneficial for elderly people
- Know how to provide effective learning activities
- Be aware of organisations and resources to support social inclusion and activities

Course available as

Face to Face

Course Length: 3 Hours

Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578