

What next...

# Training and development

Mandatory  
training

Service specific  
frameworks  
e.g. Turas

Supervision/  
reflection

Identifying your  
training needs

Personal  
development  
goals

Career  
Development

‘Champion’ role

# Accessing Training and Resources

Learning Disability Managed Care Network

Local Learning Disability Teams

NHS Education for Scotland Resources

In house training

Training courses, webinars, online modules

# NHS Support

- Community Learning Disability Teams
  - Forth Valley
  - Fife
  - Lothian
  - Borders
- LD Liaison Nurses in all regions

# LD MCN Upcoming events

- Quality Improvement- 9<sup>th</sup> May 2019
- Keeping Trauma in Mind- TBC
- Older adults with LD- TBC
- PAMIS SOMA course- TBC
- Cancer Care- TBC
- Physical Activity- TBC
- Autism and Mental Health- TBC
- Support workers course- Autumn 2019
- LD MCN Website: <https://www.ldmcn.scot.nhs.uk/>



# SOMA *pamis*

## (Sporting Opportunities for Motor Activity)

This PAMIS half day training course is for anyone who want to learn more about SOMA, how to apply it's principles and would like to organise their own SOMA sessions.

### Learning Objectives:

- Understand the background and objectives of SOMA (Sporting opportunities for Motor activities)
- Understand the benefits and the importance of SOMA
- Understand the basics of fine and gross motor skills and its application in daily life
- Understand the relationship between SOMA and the development of motor skills
- Understand the need for physical activity in people with PMLD
- Understand the basic principles of how to support people to engage in SOMA
- Discuss and identify the different levels of support needed for the people you work with to engage in SOMA
- Understand the principles and importance of injuries prevention
- Understand the principles and importance of infection control
- Discuss and consider how to organise SOMA for the people you work with
- Understand and discuss the use of assessment and evaluation for SOMA



# A few ideas; training courses

- Supporting bowel screening in LD
  - <https://www.bowelcanceruk.org.uk/how-we-can-help/for-health-professionals/supporting-people-with-learning-difficulties/>
- PAMIS Digital Passports
  - <http://pamis.org.uk/services/digital-passports/>

# A few ideas; online resources

- Healthcare Support Workers Toolkit (NHS)
  - <http://www.hcswtoolkit.nes.scot.nhs.uk/resources/developing-hcsw-roles/>
- NHS Education for Scotland
  - <https://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/mental-health-and-learning-disabilities/our-work,-publications-and-resources/learning-disabilities.aspx>
- MindEd
  - [https://www.minded.org.uk/Catalogue/Index?HierarchyId=0\\_41284\\_41286&programmeld=41284](https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_41284_41286&programmeld=41284)

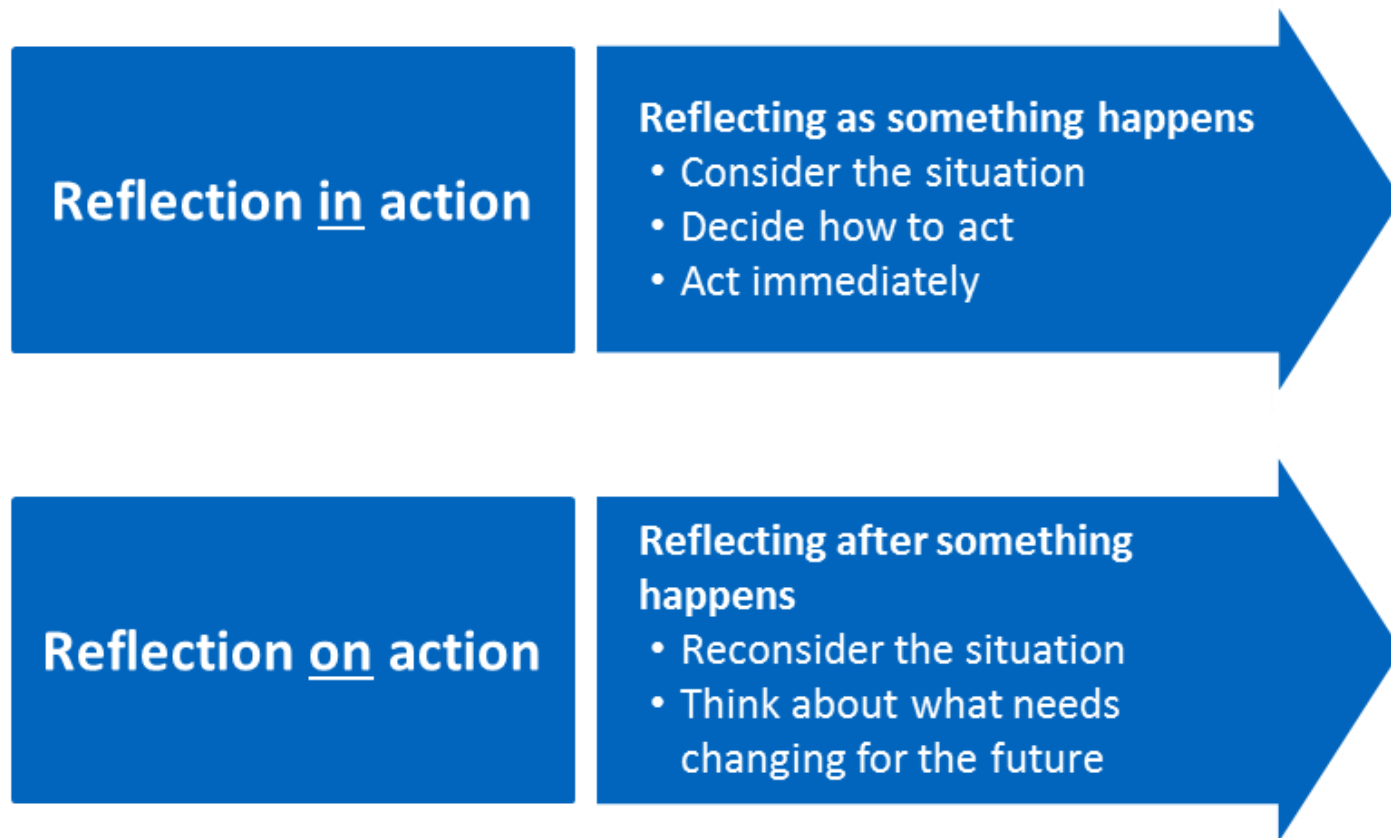
# A few ideas; online resources

- PAMIS Changing Places
  - <http://pamis.org.uk/campaigns/changing-places-toilets/>
- Hospital Passports e.g.
  - <https://www.publichealth.hscni.net/publications/hsc-hospital-passport-and-guidance-notes>
  - <https://www.mencap.org.uk/advice-and-support/health/our-health-guides>
- LD week coming up!
  - <https://www.scld.org.uk/learning-disability-week-2019/>

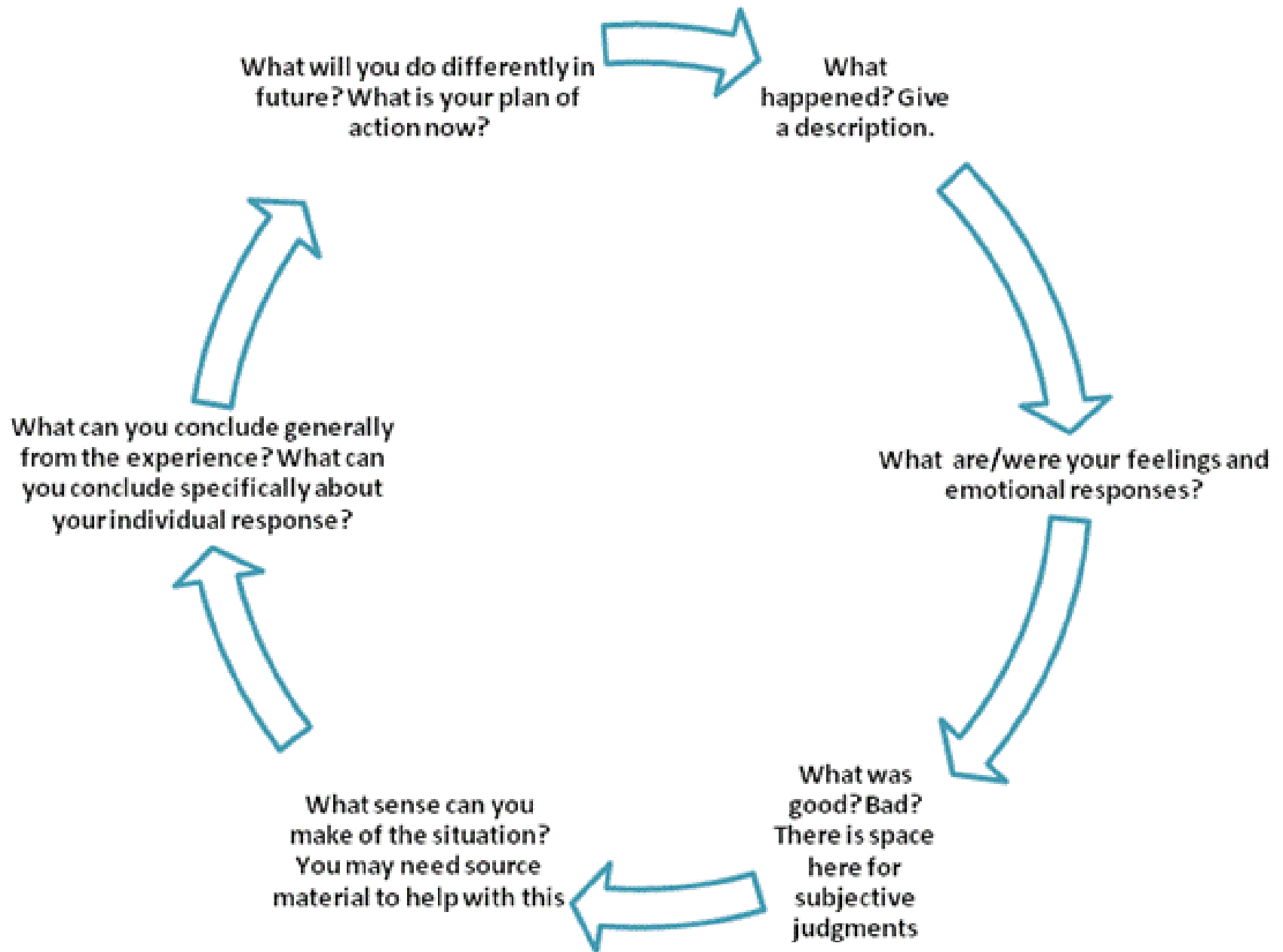
# A few ideas; online resources

- 5 Good Communication Standards (RCSLT)
  - Easy read in your pack- Google it for more detail
- Disability sport
  - <https://www.scottishdisabilitysport.com/home/>
- International Dysphagia Diet Standardisation Initiative
  - <https://iddsi.org/>
- 'Our Story' app- freebie from Open University!

# Reflection models



Schon Model



Gibbs' Model

So what did you really think?



**YOU WANT THE TRUTH?**

**YOU CAN'T HANDLE THE  
TRUTH!!!**

DIYLOL.COM

# Next time round...

- What do we need more of?
- What do we need less of?
- Are there topics missing?
- Was it pitched at the right level?
  - If not, how do we get sign up right?

# So far we have...

- Communication
- Health needs
- Cancer screening
- Mental Health
- Autism
- Trauma
- Offending behaviour
- Positive Behaviour Support
- Nutrition
- Meaningful activity
- Epilepsy

# Should we include..

- Dementia?
- Sensory issues?
- Sexual Health?
- Palliative/ end of life care?
- Bereavement?