

Stress Management (0.5 HN Credit)

This unit will allow you to develop the knowledge, understanding and skills to support individuals to deal with stress. Those experiencing stress could either be service users, colleagues or yourself. There is one written assessment which covers the definition of stress, identifies potential stressors and various models and strategies for coping with stressful situations. This unit will be delivered by Mary Marshall at Perth College. Start Date 28.03.2011 End Date 27.05.2011

Understanding & Supporting Behaviour

This unit is designed to help you to consider behaviour that may challenge you/the service in the context of the whole person and in a way that seeks to promote positive and purposeful intervention. You will be encouraged to consider the behaviour and your response in relation to the individual's care plan and their past and present life experiences. There are two assessments; an essay and an account of an actual workplace incident. This unit will be delivered by Lorna Gunn at Inverness College. Start Date 31.01.2011 End Date 16.05.2011

Fees

£86 per single HN Credit £43 per ½ HN Credit
Fees are payable to your Local College where you enrol. You may be eligible for an Individual Learning Account (ILA) of £200 or a Fee Waiver. For more information contact your local college. Other Costs: You will need to buy an essential course book for some units.

Supporting Spiritual Wellbeing (0.5 HN Credit)

This unit will introduce you to the concept of spiritual wellbeing and allow you to develop the knowledge, understanding and skills to allow you to support individuals in order to enhance their spiritual wellbeing. There is one assessment to assess knowledge and understanding and a second assessment that takes the form of a reflective account. This unit will be delivered by Mary Marshall at Perth College. Start Date 31.01.2011 End Date 25.03.11

Closing Date for Applications: 01/12/2010

In the event of there being insufficient enrolments a unit will not be delivered.

Understanding Dementia, Wilma Bichan, ORKNEY COLLEGE Kirkwall, Orkney, KW15 ILX Phone: 018656 569000 Email: wilma.bichan@orkney.uhi.ac.uk

Supporting Children & Families, Susan Berry, SHETLAND COLLEGE Gremista, Lerwick, Shetland, ZE1 OPX Phone: 01595 771000 Email: susan.berry@shetland.uhi.ac.uk

Mental Health Issues in a Care Setting, Jacqui Allison, PERTH COLLEGE Crieff Road, Perth, PH1 2NX Phone: 01738 877000 Email: Jacqui.allison@perth.uhi.ac.uk

Understanding Loss & the Process of Grief, Anne Stewart, MORAY COLLEGE Moray Street, Elgin, IV30 1JJ Phone: 01343 576000 Email: anne.stewart@moray.uhi.ac.uk

Working in Partnership with Adults who have a Learning Disability, Fabien Camus, NORTH HIGHLAND COLLEGE Tern House, Alness Point, Alness, Ross-shire, IV17 0UP Phone: 01847 889600 Email: Fabien.camus@thurso.uhi.ac.uk

Diet and Nutrition in Relation to Health, Jane Clark, NORTH HIGHLAND COLLEGE Ormlie Road, Thurso, Caithness, KW14 7EE Phone: 01847 889000 Email: jane.clarke@thurso.uhi.ac.uk

Supporting Spiritual Wellbeing, Mary Marshall, PERTH COLLEGE Crieff Road, Perth, PH1 2NX Phone: 01738 877000 Email: mary.marshall@perth.uhi.ac.uk

Stress Management, Mary Marshall, PERTH COLLEGE Crieff Road, Perth, PH1 2NX Phone: 01738 877000 Email: mary.marshall@perth.uhi.ac.uk

Understanding & Supporting Behaviour, Lorna Gunn, INVERNESS COLLEGE Midmills, Crown Avenue, Inverness, IV2 3NG Phone: 01463 73348 Email: lorna.gunn@inverness.uhi.ac.uk



Continuing Professional Development (CPD) Courses for Social and Health Care Workers

Understanding Dementia

Supporting Children & Families

Mental Health Issues in a Care Setting

Understanding Loss & the Process of Grief

Working in Partnership with Adults who have a Learning Disability

Diet and Nutrition in Relation to Health

Supporting Spiritual Wellbeing

Stress Management

Understanding & Supporting Behaviour

Aims

These courses, which are option units within the HNC Social Care, offer the opportunity to undertake nationally accredited and recognised awards, approved by the Scottish Qualifications Authority. They are designed for people who are working in health and social care and wish to further develop their knowledge, understanding and skills. CPD is relevant at all stages of a career in health or social care. However, if you are registered with the Scottish Social Services Council or Nursing and Midwifery Council you will need to meet post registration training and learning requirements. These units will contribute 40 hours towards your CPD record.

How the courses are delivered

The units will be delivered by a subject specialist based at one of the 6 Academic Partner Colleges, who will deliver the unit to students across the UHI region. The units will be delivered on-line supported by an on-line discussion board. Although your tutor may be based in another college you will be able to have contact with him/her through the on-line discussion board, via Email or telephone.

You will apply to and enrol at your local college and be allocated a student advisor who will be available to provide general support with your studies. You will be required to attend an induction session at your local college to support you in becoming familiar with the on-line learning environment.

You will need access to a computer and the internet.

Prior Experience and or Qualifications

These CPD opportunities involve the ability to undertake study at Higher National Level and to have the confidence and skills to study independently using on-line materials.

Communication skills are essential and may be demonstrated through the achievement of certificated courses at SCQF level 6 or above. Alternatively readiness

to study at this level may be demonstrated through undertaking a small piece of written work prior to acceptance on the course.

For some of the option units you need to be working in a setting that provides support to individuals who have particular needs i.e. people with dementia.

Unit Information

Further information about individual option units can be obtained by contacting the lecturer who is delivering the unit. Contact details are in the final section of the leaflet.

Understanding Dementia (1 HN Credit)

This unit is designed for people working with individuals with dementia. The course will familiarise you with current thinking and research on working with an individual with dementia and help you to apply this in your practice. The assessment for this unit involves a portfolio of activities based around a case study of actual practice. This unit will be delivered by Wilma Bichan at Orkney College. Start date 31.01.2011 end date 29.04.2011.

Supporting Children & Families (1 HN Credit)

This unit is designed for people who have a role working with families. It will provide you with the knowledge, understanding and skills to make informed choices about appropriate support and intervention to help families experiencing difficulties. The assessment for this unit is by means of an essay and case study describing an actual or planned intervention. This unit will be delivered by Susan Berry at Shetland College. Start date 31.01.11 End date 16.05.2011

Mental Health Issues in a Care Setting (1 HN Credit)

This unit is designed for people working in a care setting with adults with mental health and illness issues. The course explores the variations of mental health/illness, causes and effects of mental illness, legislation and policy as well as support in society for individuals with mental illness. The assessment for this unit is an

integrated case study. This unit will be delivered by Jacqui Allison at Perth College. Start date 31.01.2011 end date 11.05.2011

Understanding Loss & the Process of Grief (1 HN Credit)

This unit is designed to enable you to understand the different types of losses which may be experienced and understand more fully how this may affect individuals and significant others. There is one assessment for this unit which takes the form of a written assignment covering the learning outcomes of the course. This unit will be delivered by Anne Stewart at Moray College. Start date 31.01.2011 end date 29.04.2011.

Working in Partnership with Adults who have a Learning Disability (1 HN Credit)

This unit is designed for people working in care settings with adults who have a learning disability. The unit is designed to acquaint you with the current thinking in relation to people with learning disabilities and to help you apply this to your support work using a person centred approach. The unit is assessed by a project which involves working with an individual with a learning disability and supports their fuller inclusion in their community. This unit will be delivered by Fabien Camus at North Highland College. Start date 31.01.11 end date 29.04.2011.

Diet and Nutrition in Relation to Health (0.5 HN Credit)

In this unit you will learn about what constitutes a balanced diet and how diet and nutrition can affect the health of the individual. It will also give you knowledge of factors, which affect dietary choices, and how to support and advise individuals to make health choices in relation to their diet, using current guidelines. This unit is assessed by means of a case study relating to an individual/s with specific health related issues. The unit will be delivered by Jane Clarke at North Highland College. Start date 31.01.2011 End date 25.03.2011