

Supporting People with Learning Disabilities & Mental Health Needs: e-learning training course



This e-learning course entitled Supporting People with Learning Disabilities and Mental Health Needs is broken down into four easy-to-follow units - an introduction and three study units. Using examples and interviews, it will provide learners with a better understanding of why people with learning disabilities may suffer from mental health issues and the signs to look out for.

It emphasises the differences between the two conditions and explains some of the treatment options available for those who are suffering from mental ill health.

Unit 2 is intended to increase awareness of the rights and values of people with learning disabilities. It also looks at how a person-centred approach is critical to providing the right support. The unit goes on to define *learning disability* and *mental ill-health* and underline the difference between the two. The unit concludes by identifying some of the mental health problems that learners need to be aware of, and look out for, and describes the factors that can cause their development.

Unit 3 explains how learners can help the people they care for to stay physically and mentally healthy through different stages of their lives. Learners will also look at why record-keeping is important as part of their supporting role. The unit concludes by helping learners explore the services that exist to provide advice and guidance for them and the people in their care when they need extra support.

Unit 4 helps learners to identify their responsibilities when someone they support is being assessed for mental health needs. They will also find out about treatments available and what might happen if a person refuses any intervention. Learners will look at how the Mental Capacity Act and the Mental Health Act can be used in some circumstances to ensure that people receive the treatment they need, if it is in their best interests. This unit also provides a list of a person's rights under the Mental Health Act. Learners will finish this unit by planning how they will put what they have learned on the course into practice in their work.

The objectives for each study unit are that learners will be able to:

1. list the principles and values to apply when supporting people with learning disabilities
2. describe what is meant by a person-centred approach
3. understand the distinction between learning disability and mental ill-health
4. explain what the main mental health problems are and their effects
5. identify the signs that someone has mental health problems and the factors that can trigger them
6. describe how they will help to develop good practice in the workplace
7. explain ways of promoting good mental health for the people they support
8. understand the importance of keeping accurate records
9. identify appropriate sources of help and support for the people in their care
10. define their role when people they support are undergoing mental health assessments
11. describe the treatments that can be used to help people with mental health needs
12. explain why and when the Mental Capacity Act and the Mental Health Act might be used
13. list a person's rights under the Mental Health Act
14. identify ways in which they will put their learning into practice.