



ROYAL
REHABILITATION
COLLEGE

ROYAL
REHABILITATION CENTRE SYDNEY

Short Courses for Groups



FIRST AID

HLTFA301B

HLTFA201A

HLTCPR201A

Apply First Aid

Provide Basic Emergency Life Support

Perform CPR

This course is a three hour face to face skills training and assessment program supported by online learning and assessment.

The maximum group size for this program is 10.

The face to face aspect of this course can be delivered at the Royal Rehabilitation College, Ryde or at the workplace.

Upon successful completion of the training program, participants will be issued with a statement of attainment identifying the three units of competency.

Cost - \$1000 per group of 10 in Sydney

or \$120 per person if group size is less than 10

SAFE MANUAL HANDLING

This program is delivered in an interactive style, building on the knowledge of the participants, with a focus on the application of knowledge in this area.

Small group discussion, practical demonstration and practice of skills are included. Participants would be required to demonstrate competence in manual handling tasks that are appropriate to their work role.

'Essential' and 'Advanced' manual handling participants would obtain a statement of attainment, following demonstration of competence as described in the Unit of competency HLTCS305B Assist with client movement. Each program would focus on tasks and manual handling hazards that were most relevant to the participants.

All three programs are conducted in the workplace. This workplace based training would allow participants to focus on tasks and manual handling hazards that were most relevant to the specific workplace of the participants. This also facilitates the use of the equipment (where relevant) that is used in the participant's workplace.



Training options

Option 1 – Basic Manual Handling

This program has a focus on the principles of manual handling specifically applied to the work areas of the participants, which does not include moving of clients. Staff in non direct care roles such as kitchen staff, transport staff and service support officers will benefit from this training.

This program is a one hour session with a supporting training workbook.

Cost \$350 per group with maximum size of 15 in Sydney

Option 2 – Essential Manual Handling

This program has a focus on the skills and knowledge needed to reduce the risk of manual handling injuries. A range of manual handling techniques and equipment are included. The specific application of these skills to relevant work tasks which are both client and non client related, are explored. This program is longer, to allow adequate opportunity to practice skills and demonstrate competence. This program includes some of the basic manual handling content, applied to the client environment. This program includes training with manual handling equipment, but not hoists.

This program is a two hour session with a supporting training workbook

Cost \$500 per group with maximum size of 15 in Sydney

Option 3 – Advanced Manual Handling

This program builds on the 'essential' program with a specific focus on more complex or dependent client needs. Equipment relevant to these needs is used in this program, for example hoists. A range of complex scenarios, clients and locations are explored using a problem solving approach. This program has a focus on challenging manual handling situations, both physical and behavioural that are specific to and identified by the participants in the group.

This program is a three hour session that includes the content of the 'Essential manual handling'. The additional training would focus on hoist competencies and complex client needs both physical and behavioural. A workbook supports this program.

One hoist per group of 5 participants would need to be available to ensure all participants have sufficient opportunity to gain and demonstrate skills. This may reduce the class size for this program if the workplace has fewer hoists.

Participants should attend either 'Essential manual handling' or 'Advanced manual handling' but not both as 'Advanced manual handling' incorporates the content of 'Essential manual handling'.

Cost \$700 per group with maximum size of 15 in Sydney.



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RECREATION WITH A DISABILITY

SRCCRO010B Conduct a recreational program for people with a disability

This course includes the skills and knowledge required to prepare and assist the person with a disability to meet lifestyle and relationship needs through participation in a recreation programs or activities, including the establishment of effective communication.

This program has three components. There is a one day interactive workshop that will explore the requirements and options related to recreation programs for individuals with a disability. The participants will develop a program as part of the workshop for a client that they work with or based on a supplied case study. There is a maximum of 20 participants for the workshop.

The second component is a half day practical component. This section will be completed in small groups with a maximum size of four and will involve the guided facilitation of the program developed as part of the workshop with clients from the Disability Services Directorate at Royal Rehab. The observation assessment for these units of competency will commence during this small group work. This component will be offered in groups of 4 with a flexible timetable

The final component is the written assessment, which will focus on the program design, documentation and evaluation of a recreation program developed for a client in the participants workplace. The written assessment would be submitted one month after the practical component linked to a client known to the participant.

Participants would obtain a statement of attainment, following demonstration of competence as described in the Unit of competency.

The workshop and practical component of this course are delivered at Royal Rehabilitation College, Ryde.

Cost \$2800 per group with maximum size of 20



COMPASSION FATIGUE

This course includes the knowledge and skills to understand and address compassion fatigue.

This program is delivered in an interactive style building on the knowledge of the participants. The program uses examples generated by the group to facilitate application in the workplace.

The content includes, definition and incidence of compassion fatigue, an understanding of care provider stress, burnout, secondary traumatic stress, vicarious trauma and post traumatic stress disorder.

This course is a three hour face to face workshop supported by a training workbook, with a maximum of 20 participants.

Cost \$1000 per group with maximum size of 20

ASTHMA MANAGEMENT

This course includes the knowledge and skills to effectively manage asthma in clients with a disability.

This course includes the following aspects:

- What is asthma?
- Asthma causes...
- Facts
- Allergic triggers
- Non-Allergic triggers
- Correct asthma management
- Prevention
- Knowing the client's medications and equipment
- Signs and symptoms
- Acute asthma
- When to call an ambulance
- First aid response
- How to implement an asthma management plan

This course is a two hour workshop, including the opportunity to problem solve complex or behavioural issues from the participant's workplace. This course is supported by a training workbook with a maximum of 20 participants.

Cost \$700 per group with maximum size of 20



BOWEL CARE AND CONTINENCE MANAGEMENT

This course includes the knowledge and skills to effectively manage continence and bowel care for clients with a disability.

This course includes the following aspects:

- How the digestive system works
- What is normal?
- The Bristol stool form scale
- What helps bowel health?
- Good toileting habits
- Signs of constipation
- Lifestyle-related causes of constipation
- Medical causes of constipation
- Complications of chronic constipation
- Deciding when help is necessary
- What treatment is best?
- Prevention is better than cure
- Treatments
- Bowel medications
- Enemas
- Administering an enema, where applicable

This course is a 1.5 hour workshop supported by a training workbook with a maximum of 20 participants. The course will be customised to the needs of the group and will include practical skill development as appropriate

Cost \$700 per group with maximum size of 20

COMPLEX FEEDING ISSUES AND DYSPHAGIA

This course includes the knowledge and skills to effectively manage complex feeding issues and Dysphagia. This course is based on the unit of competency HLTAH411A – Provide support in dysphagia management, and has the option of obtaining a statement of attainment.

This course includes the following aspects:

- Swallowing & airway protection
- Dysphagia
- Aspiration & choking
- Principles of safe feeding
- Mealtime management plans
- Safe swallowing strategies
- What is a PEG tube and why do we use it?
- Cleaning Kangaroo bags and attachments
- Preventing blockages



This course is a three hour workshop, including the opportunity to problem solve complex or behavioural issues from the participants workplace. The course is supported by a training workbook with a maximum of 20 participants.

Participants could obtain a statement of attainment, following demonstration of competence as described in the Unit of competency.

Cost \$700 per group with maximum size of 20

DIABETES MANAGEMENT

This course includes the knowledge and skills to effectively manage diabetes for clients with a disability.

This course includes the following aspects:

- Towards a better understanding of Diabetes
- Normal breakdown of glucose
- Diabetes Type 1 & Type 2
- Risk factors for type 2 diabetes
- Complications from Diabetes
- Diabetes can affect people from their head to their toes
- Gangrene
- Good management of diabetes
- Managing nutrition
- Recipe Help
- BSL Levels
- Hypoglycaemia
- Signs of hypoglycaemia
- Other signs of hypoglycaemia
- What would you do if you think someone is Hypoglycaemic?
- Signs of hyperglycaemia
- Effects of hyperglycaemia
- Measuring BSLS

This course is a two hour workshop, including the opportunity to problem solve complex or behavioural issues from the participants workplace. The course is supported by a training workbook with a maximum of 20 participants. The course will be customised to the needs of the group and will include practical skill development as appropriate.

Cost \$700 per group with maximum size of 20



EPILEPSY MANAGEMENT

This course includes the knowledge and skills to effectively manage epilepsy for clients with a disability.

This course includes the following aspects:

- What is epilepsy?
- What is a seizure?
- Types of seizures
- Partial seizures
- Generalised seizures
- Triggers
- Anticonvulsant medications
- Commonly used anticonvulsant medications
- Common side effects of anticonvulsant medication
- First Aid Response ~ tonic/clonic
- First Aid Response ~ atonic
- First Aid Response ~ complex partial
- After a seizure
- Documentation
- Seizure risk plans
- Management strategies

Cost \$700 per group with maximum size of 20

GRIEF AND LOSS

This course includes the knowledge and skills to work effectively with individuals who have or are experiencing grief and loss.

This course includes the following aspects:

Guidelines for helping the bereaved

- Common grief reactions
- Resource organisations
- Strategies to assist clients and their families cope with grief and adjust to loss

Examine the grieving process in depth

- Theories of grief
- Types of grief
- Bereavement
- Losses – including bereavement, onset of disability
- Complicated grief
- Distinguishing grief from clinical depression

Develop communication skills

- Empathy
- Listening skills

Ability to meet different grief needs

- Strategies to support people with intellectual or cognitive disabilities deal with grief



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- Knowledge of how children grieve
- Understanding of impact of loss in family systems
- Understanding cultural diversity in bereavement
- Ability to provide care for the caregiver
- Role of staff in identifying and supporting carers

This course is a four hour face to face interactive workshop supported by a training workbook, with a maximum of 20 participants

Cost \$1000 per group with maximum size of 20

CULTURAL COMPETENCY

This program is based on the unit of competency HLTHIR403B Work effectively with culturally diverse clients and co-workers, and has the option of obtaining a statement of attainment.

This course includes the knowledge and skills to improve service delivery to people from culturally and linguistically diverse communities with a disability and those who are ageing. It includes key strategies for working cross culturally, improving communication and working effectively with interpreters.

Participants will have the tools to enhance the cultural capacity of their organisation using a consumer engagement framework.

This course is a three hour face to face interactive workshop supported by a training workbook, with a maximum of 20 participants.

Cost \$1000 per group with maximum size of 20

Enquiries

Anne Gildersleeve (Course
Coordinator)

Telephone: (02) 9808 9626

Facsimile: (02) 9808 9645

Email:

enquires@royalrehab.com.au

ABN 34 000 025 794

RTO ID 90546

227 Morrison Rd, Ryde NSW 2112

