

ACTIVITIES WITHIN LEARNING DISABILITIES

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This course explores the vital role of meaningful activities in supporting the physical, emotional, and social wellbeing of individuals with learning disabilities. Delegates will gain an understanding of the benefits of structured and spontaneous activities, both at home and in the community, while learning how to overcome common barriers to participation. The session also covers strategies for effective engagement, communication, and inclusive planning. This course is ideal for support workers, care staff, activity coordinators, and anyone involved in the day-to-day care and enrichment of individuals with learning disabilities.

Introduction

- Introduction and course overview

Course Programme

- Importance and benefits of activities for wellbeing
- Planning activities – key factors and involvement
- Common barriers to participation and how to overcome them
- Effective communication and client engagement
- Group activities and their positive impact
- Activity ideas for home and community settings
- Exploring sensory, cognitive, creative, and physical activities
- Course evaluation

Suitable for:

Care and Education



"I have a Disability yes that's true, but all that really means is I may have to take a slightly different path than you" Robert M Hensel