

Mental Health, Dementia and Learning Disabilities

This programme covers mental health, dementia and learning disabilities. Across all three areas, it also covers disabilities and rights, person-centred care and capacity and consent. The programme is designed to raise awareness and understanding of the causes and symptoms of each condition to help health and social care staff to deliver the right support for each individual. It will also help staff to recognise and report symptoms when they come across them, ensuring that professional support is arranged at an early stage. This programme has been mapped to the Care Certificate and CSTF for health.



Key features

- A level 2 programme (as graded against the nationally accepted levels and equivalent to GCSE grades A* - C).
- Five modules with five multiple choice questionnaires.
- Five CPD hours with a personalised downloadable certificate.
- 70% pass mark.
- Rich in video content.
- Optional narration of each module for accessibility.
- Additional resources for further learning and printable module for future reference.
- This programme has been mapped to the Care Certificate and CSTF.

Programme objectives

This programme will raise awareness and understanding of the signs and symptoms of mental health conditions, dementia and learning disabilities and explain how to help people to exercise their rights. It also provides guidance on delivering person-centred care and covers the fundamentals of capacity and consent.

1. Understand the difference between mental wellbeing and mental ill health
2. Recognise the conditions that affect mental health
3. Appreciate the different roles of people who work in mental health
4. Understand the signs and symptoms of different mental health conditions, dementia and learning disability
5. Understand the importance of promoting positive health and wellbeing for an individual who may have a mental health condition, dementia or learning disability
6. Recognise the importance of early detection
7. Identify the adjustments which may be necessary in delivering person-centred care
8. Understand legal frameworks, policy and guidelines relating to the treatment and care of mental health, dementia and learning disabilities.

Target audience

This programme is essential learning for health and social care staff who support people with mental health conditions, dementia or learning disabilities.

Module content:

1. Mental Health

- The definitions of mental health and wellbeing and mental ill health.
- Video to promote understanding of what it feels like to have a mental health condition.
- Conditions that affect mental health.
- Diagnosis.
- What support services are available for individuals with mental health conditions?
- Living well.
- What legislation, policy and guidance says.

2. Dementia Awareness

- What dementia means.
- The prevalence of dementia.
- Types of dementia.
- The signs and symptoms of dementia.
- Why an early diagnosis is important.
- Planning for the future.
- Communicating effectively with individuals who have dementia.
- Support people to live well with dementia.
- Reducing the risk of dementia.
- Dementia policy.

3. Learning Disabilities

- Explains the meaning of learning disability and the spectrum of learning disabilities
- Describes the types and causes of learning disabilities
- Detecting and assessing learning disability.
- Communicating and interacting effectively.
- How to deliver support during transitions.
- Policies relating to learning disability.

4. Disability and Discrimination

- Explains the meaning of disability.
- Describes the medical and social models of disability.
- Explains how to remove barriers and promote positive attitudes.
- What is meant by human rights?
- Disabilities and discrimination, including hate crime, harm and abuse and how to report them.

5. Person-Centred Care, Capacity and Consent




- The care and support needs of people with mental health conditions, dementia and learning disabilities.
- Health and social care values.
- What adjustments may be necessary to the way care is provided, with examples.
- State the principles of advocacy.
- Describes what is meant by mental capacity and lack of capacity.
- How to assess capacity.
- The Deprivation of Liberty Safeguards.
- Understand what is meant by capacity and consent.
- Legislation, policy and guidance.

Why choose us?

“ The courses are a very practical and cost effective way of staff accessing training on a wide variety of subjects. The courses use a variety of formats and exercises to vary the learning, maintain interest and reinforce subjects. It's also great that the courses are continually being updated, either with new content or new features, such as videos and animations. ”

Dave Cartlidge, Training Manager, Wrixon Care



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