Courses for health professionals

Courses are listed from oldest to newest (i.e. new courses are at the end of the document). See our newest course on Supporting Carers of People with Intellectual Disablity on p. 13!

Course title		Learning Outcomes	Key Topics Covered	Cost	Duration
Adapting Healthy Lifestyle Interventions for People with Intellectual Disability (Updated June 2026)	Understanding Intellectual Disability	• Explain the key diagnostic criteria for intellectual disability. • Recognise the diversity of intellectual disability and its impact on day-to-day functioning. • Identify potential causes of intellectual disability and recognise how these causes may contribute to complex health and functional profiles.	• About intellectual disability • Causes of intellectual disability	FREE	20 min
	Understanding Health Challenges and Barriers to Healthy Lifestyle Participation	• Describe the overall health status of people with intellectual disability, including common comorbidities. • Outline the key factors contributing to health inequities for people with intellectual disability, including barriers to healthy lifestyle participation. • Describe common lifestyle-related conditions (including obesity, diabetes and osteoporosis) in people with intellectual disability and their associated health implications. • Apply tools to identify indicators of cardiometabolic health risk in people with intellectual disability that warrant monitoring, referral or intervention.	• The health status of people with intellectual disability • Risk factors for preventable chronic disease and barriers to healthy lifestyle participation • Common lifestyle-related conditions experienced by people with intellectual disability		30 min

	Foundations for Adapting Healthy Lifestyle Interventions for People with Intellectual Disability	• Adopt a person-centred approach to lifestyle modification by getting to know the individual and involving them in decisions about their health. • Adapt communication to reduce barriers and support meaningful participation for people with intellectual disability in healthy lifestyle practices. • Collaboratively set goals that are meaningful, achievable and motivating for people with intellectual disability. • Analyse a person's everyday context and apply this information to design lifestyle interventions that are realistic, sustainable and aligned with the person's living situation, supports and resources. • Apply evidence informed strategies to create and maintain motivation in people with intellectual disability to adopt healthy lifestyle practices. • Identify relevant supporters and understand ways to actively involve them in lifestyle interventions.	• Be person-centred • Adapt your communication • Set meaningful goals • Consider the person's context • Create motivation • Involve supporters		40 min
	Making Specific Adjustments to Physical Activity and Dietary Intervention (optional)	• Adapt exercise assessment, prescription and delivery to safely and effectively support people with intellectual disability to participate in physical activity. • Adapt nutrition/dietary assessment and intervention to support safe and effective nutrition care for people with intellectual disability.	• Specific considerations for physical activity interventions (25 min) • Specific considerations for dietary interventions (25 min)		50 min
Introduction to Intellectual Disability		• Explain the diagnostic criteria for intellectual disability, and the	• What is intellectual disability? • Classification of intellectual disability	FREE	30 min

(Updated April 2026)	complexity and limitations of these criteria. • Identify how different levels of intellectual disability are classified. • Identify signs that a person may have intellectual disability. • Use respectful-person-centred terminology. • Describe the wide range of possible causes of intellectual disability. • Seek information to understand each person's unique support needs.	• Recognising that someone has intellectual disability • Terminology • Causes of intellectual disability		
Living with Intellectual Disability	• Understand that people with intellectual disability have poorer health outcomes than the general population. • Recognise the possible social, behavioural and psychological impacts of intellectual disability.	• The impact of intellectual disability on health and mental health • The impact of intellectual disability on behaviour • The psychosocial impact of intellectual disability	$30	30 min
Intellectual Disability – Changing Perspectives	• Understand different models of intellectual disability. • Be aware of the relationship between health status, health services, social and political attitudes, and human rights. • Analyse the policies of your health service from a human rights perspective and consider the barriers to delivering optimal mental health services to people with intellectual disability. • Reflect on your personal understanding of intellectual disability. • Evaluate your practice from a human rights perspective.	• The social and historical context of intellectual disability • Attitudes and theories of disability	$30	30 min

Improving Communication	Communication: The Basics	• Understand that good communication is important when supporting someone who has an intellectual disability. • Understand that difficulties in communication arise due to the interaction of disability, psychological function and social context. • Appreciate the diverse range of communication abilities and strategies used by different people and of the value of communication as a multifaceted exchange of information.	• A reflective approach to communication • The significance of good communication • Understanding communication difficulties • Communicating well in practice	$60	45 min
	Improving Your Communication	• Understand that good communication is important when supporting someone who has an intellectual disability. • Understand that difficulties in communication arise due to the interaction of disability, psychological function and social context. • Appreciate the diverse range of communication abilities and strategies used by different people and of the value of communication as a multifaceted exchange of information. • Use a reflective approach, which includes monitoring and adapting to different situations. • Communicate effectively with people who have an intellectual disability, have a range of communication difficulties and use a variety of communication methods.	• Good communication strategies • Working with supporters		45 min
Equality in Mental Health Care – A Guide for Clinicians		• Describe the key rights of people with intellectual disability in the mental health setting.	• Intellectual disability and human rights in mental health • Protecting human rights	$30	90 min

	• Outline the significance of protecting the key rights of people with intellectual disability in the mental health setting, and your role as a health practitioner. • Describe the principles and practice of reasonable adjustments. • Identify and implement reasonable adjustments necessary to protect the individual's rights.	• The right to equality and freedom from discrimination		
Consent, Decision-Making and Privacy – A Guide for Clinicians	• Outline the significance of the right to physical and mental integrity in the context of mental health services and people with intellectual disability. • Describe the nature of decision-making capacity and discuss its significance. • Discuss the legal and ethical considerations that guide substitute decision-making. • Discuss the relationship between the right to privacy and duty of care, and how to balance these in the context of intellectual disability and mental health. • Support the individual to make their own decisions regarding their mental health care. • Identify and document when an individual lacks the capacity to make a particular decision. • Seek a valid decision from a legally authorized substitute decision-making when appropriate.	• The right to respect for physical and mental integrity • The concept and practice of informed consent • Supporting decision-making • Substitute decision-making • Privacy	$30	90 min
Mental Disorders in Intellectual Disability	• Be aware of the prevalence and range of mental disorders in people with intellectual disability.	• Prevalence of mental disorders in people with intellectual disability • Vulnerability and protective factors	$30	60 min

	• Understand the effect of severity of disability on the rate and presentation of mental disorders. • Identify specific vulnerabilities to mental disorders associated with intellectual disability. • Identify factors affecting access to mental health care. • Understand possible difficulties in identifying signs of a mental disorder in someone with intellectual disability, the importance of establishing baseline function for each individual, and possible manifestations of mental disorder. • Identify signs of mental disorder in someone with intellectual disability.	• Presentation of mental disorders in people with intellectual disability • Treatment of mental disorders in people with intellectual disability • Living with a mental disorder		
Assessment of Mental Disorders in Intellectual Disability	• Understand factors that might complicate the mental health assessment of a person with intellectual disability. • Identify ways to adapt mental health assessment for people with intellectual disability. • Be aware of specific assessment tools available for use with people with intellectual disability. • Be aware of the need to seek information from diverse sources. • Adapt mental health assessment for a person with intellectual disability.	• The purpose of mental health assessment • Differences in assessment • Adapting mental health assessment for people with intellectual disability • Strategies to assist with mental health assessment	$30	60 min
Management of Mental Disorders in Intellectual Disability	• Understand principles that should guide the management of mental disorders in people with intellectual disability.	• Guiding principles of management of mental disorders in intellectual disability	$30	60 min

		• Describe key strategies for clinical best practice in the management of mental disorders in people with intellectual disability. • Understand the principles of pharmacological management of mental disorders in people with intellectual disability, including principles of prescribing, monitoring and review. • Understand the principles of psychosocial management of mental disorders in people with intellectual disability. • Describe strategies for adapting psychotherapeutic interventions for people with intellectual disability. • Develop and implement a management plan appropriate to the individual. • Monitor the safety and efficacy of treatment. • Engage carers and support people if appropriate.	• Foundations of managing mental disorders in intellectual disability • Pharmacological treatment for mental disorders in intellectual disability • Psychosocial intervention for mental disorders in intellectual disability		
Challenge Behaviour	Challenging Behaviour I – Introduction	• Define behaviour and challenging behaviour, and describe the significant components of each. • Describe the prevalence and impact of challenging behaviour. • Discuss the variety of medical, psychiatric, social, environmental and learning factors that may contribute to challenging behaviour, and how they can interact. • Apply person-centred practice within a human rights framework.	• Understanding behaviour • Understanding challenging behaviour • Factors that contribute to challenging behaviour	$90	90 min

		• Analyse behaviour in terms of its potential communicative or other function.			
	Challenging Behaviour II – Assessment	• Explain the significance of thorough assessment. • Describe the different types of assessment that are necessary. • Describe the functional behavioural assessment process. • Adopt a person-centred approach to assessment of challenging behaviour. • Ensure medical and psychiatric problems are ruled out or addressed before recommending a functional/behavioural approach to challenging behaviour. • Assess health or mental health factors contributing to challenging behaviour specific to your discipline. • Analyse behaviour in terms of its potential communicative or other function • Work collaboratively across disciplines to assess challenging behaviour.	• The rationale of assessment • Principles of assessment • The relationship between assessment and management • Medical and psychiatric assessment of challenging behaviour • Functional behavioural assessment		90 min
	Challenging Behaviour III – Management	• Explain how different interventions can be used together to support the person and manage challenging behaviour. • Describe the kinds of practices that constitute restrictive practices. • Discuss considerations around using medication to manage challenging behaviour. • Apply evidence-based practice within a human rights framework.	• Introduction • Positive behaviour support • Restrictive practices • Behaviour support plans • Pharmacological treatment		90 min

		• Adopt a person-centred approach to the management of challenging behaviour. • Work collaboratively across disciplines to manage challenging behaviour. • Provide discipline-specific input to a behaviour support plan. • Use medication appropriately as part of a broader biopsychosocial intervention for challenging behaviour. • Review a behaviour support plan, using evidence to evaluate the efficacy of strategies and suggest changes. • Ensure the ethical and legal limitations on the use of restrictive practices are respected.			

Emergency Mental Health Care	Understanding ID in the ED	• Understand individual and systemic factors which may play a part in emergency mental health presentations for people with intellectual disability.
		• Describe necessary adjustments to ensure effective mental health assessment of people with intellectual disability in an emergency care setting.
		• Engage in situations where behaviour disturbance is present or likely to occur in order to reduce the risk of behaviour disturbance, and to intervene appropriately where needed.
		• Engage with carers, families, and external agencies for the best outcome for people with intellectual disability who require emergency care.
			• Why people with intellectual disability present to the emergency department more frequently than others
			• The emergency department experience for people with intellectual disability and carers
			• Making emergency care accessible: Practical and clinical considerations
			  ○ Communication
			  ○ Documentation
			  ○ Consent
			  ○ Distress and anxiety
			  ○ Challenging behaviour
				$60	30-45 min

	Journey Through the ED	• Describe necessary adjustments to ensure effective care of people with intellectual disability at each stage of	• Typical path through the emergency department ○ Arrival		60 min

		the journey through the emergency department. • Conduct a detailed and balanced risk assessment of a person with intellectual disability presenting in an emergency setting with apparent mental health symptoms. • Reduce the risk of behaviour disturbance in a person who has intellectual disability who presents with a mental health emergency. • Conduct a comprehensive assessment of a person with intellectual disability presenting in an emergency setting with apparent mental health symptoms. • Conduct a detailed and balanced risk assessment. • Determine an appropriate plan for treatment for a person who has intellectual disability who presents with a mental health emergency. • Make appropriate arrangements for transfer of care and follow up for a person with intellectual disability being discharged following a mental health emergency.	○ Triage ○ Waiting ○ Medical assessment ○ Psychiatric assessment ○ Treatment ○ Transfer of care		
Cardiometabolic Health in People with Intellectual Disability	Understanding Risk	• Understand the impact of cardiometabolic ill-health on people with intellectual disability. • Identify major cardiometabolic risks in people with intellectual disability including obesity, physical inactivity, psychotropic medication, genetic and birth related factors, barriers to health	• Introduction to cardiometabolic health and ill-health • Psychotropic medication and cardiometabolic risk • Obesity and cardiometabolic risk • Physical inactivity and cardiometabolic risk • Genetic syndromes and factors associated with intellectual disability	$60	60-90 min

		care access, socioeconomic disadvantage and stigma. • Be aware of the nature of each risk, reasons for its prevalence in people with intellectual disability, and potential management strategies.	• Barriers to accessing quality health care • Socioeconomic disadvantage • Stigma		
	Screening and Intervention Strategies	• Locate and use the Early Intervention Framework and online resources to support cardiometabolic health in people with intellectual disability. • Monitor cardiometabolic risk factors in people with intellectual disability.	• Positive cardiometabolic health for people with intellectual disability • How to use the Early Intervention Framework • Cardiometabolic monitoring • Overcoming fear of blood tests • General intervention principles and cardiometabolic resources • Case studies		60 min
Dementia Care for People with Intellectual Disability	Dementia in People with Intellectual Disability – Risk Factors, Presentation and Assessment	• Understand what dementia is and how dementia can impact a person with intellectual disability. • Identify the risk factors for dementia and how they apply to people with intellectual disability. • Understand the factors that may complicate a dementia assessment of a person with intellectual disability. • Understand the key investigations required for the diagnosis of dementia. • Recognise signs of dementia in a person with intellectual disability. • Arrange appropriate investigations related to dementia, including differential diagnoses. • Communicate a diagnosis of dementia, or suspected dementia, to a person with intellectual disability and their support networks.	• What is dementia? • Introduction to dementia in people with intellectual disability • Risk factors for dementia in people with intellectual disability • Presentation of dementia in people with intellectual disability • Assessment of dementia in people with intellectual disability • Sharing a dementia diagnosis	$60	60 min

	Managing Dementia in People with Intellectual Disability	• Understand the aims of dementia care for people with intellectual disability and the services that may be involved. • Understand and apply principles of medical management of dementia in people with intellectual disability. • Understand the importance of early planning for future support needs. • Understand the principles for promoting good quality of life, including managing behavioural and psychological changes associated with dementia. • Understand strategies to reduce dementia risk in people with intellectual disability in your practice. • Apply knowledge of relevant resources to support others involved with the person, including family carers.	• The aims of dementia care in people with intellectual disability • Who is involved in dementia care for people with intellectual disability? • Good management throughout the course of dementia • Strategies to support a person as they transition through dementia stages • Promoting healthy ageing in people with intellectual disability		45 min
Responsible Prescribing		• Understand the impact of psychotropic medication on people with intellectual disability. • Identify the reasons for use of psychotropic medication in people with intellectual disability, including the use of psychotropics for the management of behaviours of concern. • Assess when psychotropic medication should be prescribed to a person with intellectual disability, including considerations around capacity and consent. • Identify the steps to developing a programme to deprescribe. • Conduct a full comprehensive background assessment including the	• Background to responsible prescribing • Considerations when prescribing • Conducting a comprehensive background assessment • Developing a treatment plan	$30	30 min

	identification of potential risk factors for treatment. • Develop a comprehensive treatment plan, including the commencement, monitoring, and review of psychotropic medication.			
Supporting Carers of People with Intellectual Disability	• Define what is meant by 'carer' and understand the roles of carers of people with intellectual disability. • Understand the challenges facing carers of people with intellectual disability. • Understand ways in which health professionals can support carers of people with intellectual disability. • Understand key demographic considerations and the way that they can impact supporting carers of people with intellectual disability. • Identify increased risks to physical and mental health experienced by carers of people with intellectual disability. • Provide practical supports to carers of people with intellectual disability. • Support the physical and mental health of carers of people with intellectual disability.	• Who is a carer? • Challenges in care • Supporting carers • Other important considerations	$30	30 min