

Target Audience

Care and Support staff in a variety of settings, and Housing and Housing Support Teams who are providing direct care and support.

Having a diagnosis of a long-term conditions can happen to anyone at any stage of their life, and so it is essential that the people who are supporting them are knowledgeable about how a long-term condition is defined and how this may impact on each individual person.

This course has been designed to provide the knowledge of what is seen to be a long-term condition and the impact this may have on the person with that condition.

This course is delivered using a range of methods and resources including:

- ◆ Face to Face tutor facilitation, questionnaires, videos and scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ NICE Guidelines – Long Term Conditions
- ◆ The Care Act 2014

Course Content

- ◆ What is a Long-Term Condition?
- ◆ Identifying the risks, the long-term and short-term effects on those with a diagnosis, their family and carers
- ◆ The impact of a long-term condition on:
 - ◆ Mental and physical deterioration/impairments
 - ◆ Psychological issues such as anxiety, depression, loss of confidence and PTSD including post viral fatigue e.g. Long Covid
- ◆ The impact of a long-term condition on:
 - ◆ Exercise tolerance
 - ◆ Lung and other organ functions
 - ◆ Weight loss/gain
 - ◆ Functional disability
 - ◆ Rehabilitation
- ◆ Sign posting to support within local community and referral pathways

Learning Outcomes

After attending this course, learners will be able to:

- ◆ State what a Long-Term Condition is
- ◆ Give an overview of the risks, the long-term and short-term effects on those with a diagnosis, their family and carers
- ◆ Describe the impact of a long-term condition on:
 - ◆ Mental and physical deterioration/impairments
 - ◆ Psychological issues such as anxiety, depression, loss of confidence and PTSD including post viral fatigue e.g. Long Covid
- ◆ Describe the impact of a long-term condition on:
 - ◆ Exercise tolerance
 - ◆ Lung and other organ functions
 - ◆ Weight loss/gain
 - ◆ Functional disability
 - ◆ Rehabilitation
- ◆ List resources and sources within local the community and referral pathways which will provide support

Duration: 3 Hours