

## Target Audience

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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:

- ◆ Live tutor facilitation, questionnaires, interactive polls, 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

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- ◆ 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

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### 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