



Supporting Those with Developmental and Cognitive Disabilities

Overview

This course provides an in-depth look at supporting individuals with developmental and cognitive disabilities, covering a range of conditions from dyslexia and ADHD to neurodegenerative diseases. It emphasizes understanding, empathy, and practical strategies for assistance in personal and professional settings.



How This Course Will Benefit You

Participating in this course will equip you with the understanding and tools needed to support individuals with developmental and cognitive disabilities. You'll learn to recognize the challenges faced by those with conditions like dyslexia, autism spectrum disorders, and Alzheimer's, and how to apply effective therapeutic approaches. This knowledge is invaluable in creating inclusive environments where every individual has the opportunity to thrive. Whether you're a caregiver, educator, or coworker, this course will enhance your ability to make a positive impact in the lives of those with cognitive disabilities.

Course Objectives

Gain essential knowledge and skills to support individuals with cognitive disabilities effectively.

- Understand the spectrum of cognitive disabilities, including learning disorders and neurodegenerative diseases.
- Learn about various treatment methods, such as acceptance and commitment therapy, behavior therapy, and person-centered therapy.
- Develop strategies to manage symptoms and psychological effects, enhancing self-esteem, reducing anxiety, and combating depression.

Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals