



**South
Yorkshire
Centre for
Inclusive
Living**

PERSONAL ASSISTANT (PA) TRAINING PROGRAMME

This two-day Training Programme will provide Personal Assistants / support workers working with Disabled people the confidence and skills to support Disabled People to lead independent lives.

DAY 1 - Disability Equality Training (DET)

DET looks at the barriers and issues faced by Disabled people, whilst helping you developing your skills to confidently interact with and support Disabled people's inclusion in everyday life.

Topics covered by DET are:

- The use of appropriate language
- Myths, images and stereotypes of Disabled people
- Definitions of disability
- Independence, equipment and integration
- Barriers and discrimination

SYCIL's DET is delivered with the help of a team of trained Disabled tutors, so you can learn all about disability issues from people who live with them on a day to day basis.

The cost of DET is £73 per person, including Open College Accreditation (level 3), course workbook, refreshments and lunch.

DAY 2 - Introduction to Moving & Handling

This is a basic introductory course, looking at:

- Your rights and responsibilities when moving and lifting
- Safety for yourself and your employer
- Basic Back Care – good posture and spinal awareness
- The principles of safe moving and handling, including risk assessment
- Basic Health and Safety legislation
- Practical moving & lifting, techniques, including using lifting equipment

The cost of Moving & Handling is £68 per person, including Open College Accreditation, refreshments and lunch.

The total cost of DET and Moving and Handling is £141 per person, but **book on both and pay only £126.90 per person - a saving of 10%! (You can pay for your PA's training through your Personal Budget / Direct Payment).**

SYCIL's training co-ordinator delivers this training programme, and holds a Chartered Institute of Environmental Health (CIEH) Professional Trainer Certificate.

For more information contact Jo Ritson on 01302 892959 or email jo.r@svcil.org

SYCIL is a company Limited by Guarantee No 3126759 and a registered Charity No 10655630.
Address: M&M Business Park, Doncaster Road, Kirk Sandall, Doncaster DN3 1HR

