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NAPA Training & Support



Best endorsed provider of
learning and development



Introduction

NAPA – supporting your organisation to enable residents to live life the way they choose with meaning and purpose.



As a member of NAPA, you know the difference you can make to the quality of life for individuals receiving care services, through meaningful activity provision. Your NAPA membership offers a range of ways in which we can support you, and your staff, to achieve this outcome, with the added benefit of membership discounts*.

NAPA is the expert in providing activities for people in care settings. Our staff and trainers are all experienced in the care industry, specifically in activity provision.

We firmly believe that activity is at the heart of good care and we aim through our training courses, to enable all staff to provide meaningful activities for individuals in their care.

NAPA is endorsed by Skills for Care, which means that we have a mark of quality for learning and development, and only given to the best learning and development in the adult social care sector. We have evidenced that we:

- + Support excellence
- + Have good processes in place
- + Deliver courses that are relevant and fit for purpose
- + Can prove that the people who've attended their courses are now delivering better care

Did You Know...

As a valued NAPA member, you will receive **discounted rates** on all courses and training we provide.

*Not a member of NAPA? Please email the office for an application form

If you would like further information on any of the training in this booklet, please contact:
Email: info@napa-activities.co.uk or Tel: 020 70 78 9375 or see: www.napa-activities.co.uk

Training your staff – do you have a need for high quality training either at your premises or an open training day?

If so, we can help:

NAPA In – House Training

We can offer training on a variety of activity related topics; our facilitation style means learners address real issues faced in their organisation (maximum number of delegates is 30):

You can have one of the topics below or we can create a bespoke training day for you. Please email the office for more information.

Activities for people with dementia

Providing activity for those living with dementia is challenging, this day will explore the different levels and stages of dementia covering how to provide appropriate activities for the individuals needs.

Learning Objectives:

- + *Understand what constitutes an activity*
- + *Understand the stages of dementia and how to provide appropriate activities*
- + *Understand how to evaluate activities for individuals with dementia*

Adapting activities for differing abilities

This training day will give participants the opportunity to explore the theory of how to adapt activities for clients of varying abilities. There will be an opportunity to carry out some practical, hands on trials.

Learning Objectives:

- + *Understand what constitutes an activity*
- + *Understand the basis of adapting an activity*
- + *Understand how to assess the abilities, needs and wishes of individuals*
- + *Understand how to evaluate activities for individuals*
- + *Have the basis for activity planning for individuals*
- + *Have the knowledge to use the "Things to do" section of the NAPA Magazines for all client groups*



Dementia – moving away from drugs

This workshop style training will give staff an opportunity to explore the effects of antipsychotic drugs in the treatment of individuals with dementia. This will be countered by the exploration of the possibility of improving individual's lifestyles whilst using well-being and person-centred techniques.

Learning Objectives:

- + *Understand the potential side effects of antipsychotic drugs in the treatment of dementia*
- + *Explore improving the well-being of individuals with dementia*
- + *Understand methods of "decoding" behaviours of individuals with dementia*
- + *Understand the impact of environmental factors, and/or external influences on individuals with dementia*

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Leadership skills for activity providers

This workshop style training day is aimed at Activity Staff who are in a leadership role, but may not have had any previous leadership or management skills.

Learning Objectives:

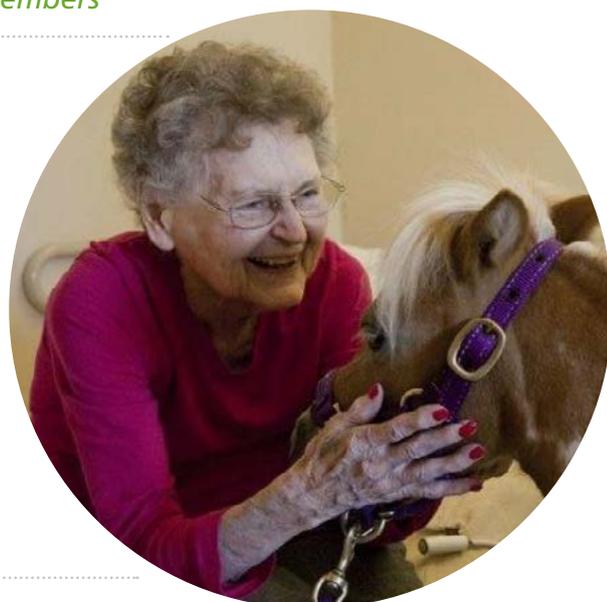
- + *Explore essential leadership skills*
- + *Understand the impact of good leadership on developing an effective activity team*
- + *Understand the importance of effective communication*
- + *Understand how to carry out 1:1/Supervision with team members*

Mealtimes – a meaningful activity

This day explores the activity potential of mealtimes in care settings. Often not seen as a time where activity can be encouraged. This day explores the possibilities and opportunities those mealtimes create.

Learning Objectives:

- + *Understand the social benefits of mealtimes as an activity*
- + *Understand the impact of environment on mealtimes*
- + *Understand the importance of effective communication at mealtimes*
- + *Understand how to create a “dementia aware” dining experience*



The value and importance of activity in care settings

The day explores the value of activity provision to not only the resident but to the care home itself.

Learning Objectives:

- + *Why is activity important*
- + *Why activity should be integrated into everyday care*
- + *How to enable meaningful activity involving all staff*

The whole home approach

The provision of activity is not the sole responsibility of one person; this training day explores the vital role, to person centred activity provision, that can be achieved if the whole home are fully involved in an activity based model of care.

Learning Objectives:

- + *Understand what constitutes an activity*
- + *Understand how to assess the abilities, needs and wishes of the individual*
- + *Understand how activities can be used to encourage team work*
- + *Understand how to embed activities into everyone's role*

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Do you want to recruit and retain the best staff to deliver your activities, not just occasionally, but as part of the 'way we do things around here'?

NAPA qualifications will attract and retain good quality staff to support your services.

NAPA qualifications

NAPA recommends the Level 2 Award in Supporting Activity Provision in Social Care as the minimum requirement for any staff involved in activity provision. The Level 3 Certificate in Activity Provision in Social Care is the key qualification for Activity Team Leaders.



Level 2 Award in Supporting Activity Provision in Social Care accredited by OCN London – Distance Learning

The OCN London Level 2 Award in Supporting Activity Provision in Social Care qualification enables those working, or intending to work, in the health and social care sector to develop their understanding of the potential benefits for individuals of engaging in both everyday activities and programmed activities.

The course will support learners to contribute to the planning, delivery and evaluation of individual and group activities and to meet a range of individuals different needs. It will further learners understanding of the part activity has to play in providing person-centred care.

Course Content

The Award is made up of 4 units:

3 mandatory units

- + Understand Activity Provision in Social Care
- + Understand the Delivery of Activities in Social Care
- + Understand the Benefits of Engaging in Activities in Social Care

Students then choose one of the following to complete the qualification:

- + Dementia Awareness
- + Understand the Context of Supporting Individuals with Learning Disabilities



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Level 3 Certificate in Activity Provision in Social Care – Distance Learning

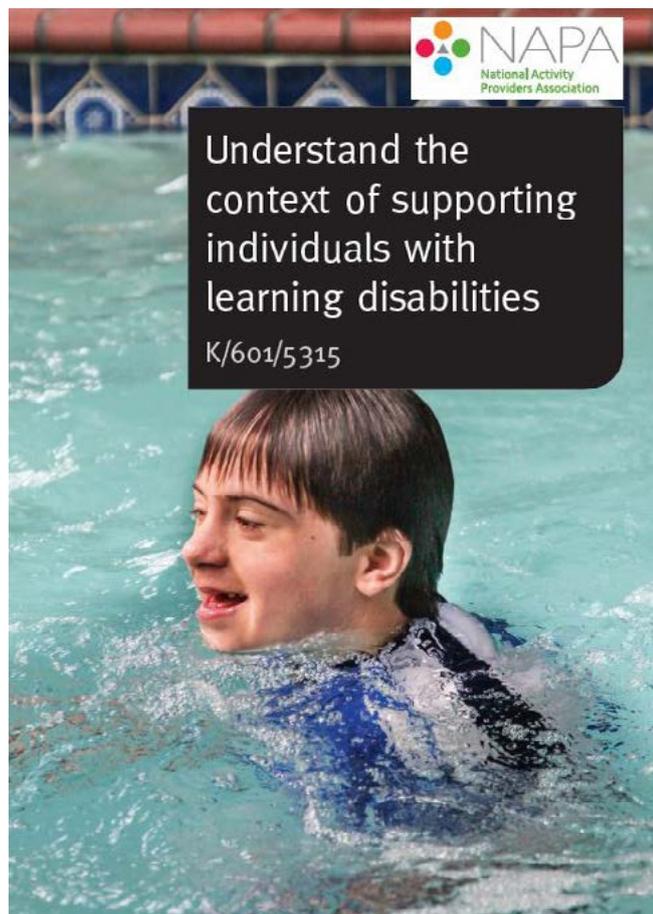
This course is aimed at Activity Coordinators with responsibility for leading and coordinating activity provision within a care setting.

The Level 3 Certificate in Activity Provision in Social Care develops understanding of the social benefits of providing opportunities for different kinds of activities in the context of care. This qualification provides a valuable insight to learners of ways in which activity provision can lead the way in providing meaningful and purposeful engagement for people. It will enable learners to contribute to the planning, delivery and evaluation of an activity-based model of care.

Course Content

The course is made up of 5 units:

- + Coordination of Activity Provision in Social Care
- + Equality and Diversity in Activity Provision
- + Implement Therapeutic Group Activities
- + Community Involvement in Activity Provision
- + Activity Provision in Dementia Care



We also offer a stand-alone unit for those working in the learning disability sector.

Level 2 Understand the context of supporting individuals with Learning Disabilities accredited by OCN London

This unit aims to build on your understanding of what it means to have a learning disability and how you can support individuals with a learning disability.

The course is suitable for staff working in a variety of settings. It will be useful whether they are employed in a health or social care, a community or an education setting or whether working in a paid or voluntary role.

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Do you have a focus on quality and continuous improvement?

If so, we can provide independent audit review services to give you the external perspective.

Audit

NAPA will conduct in depth audit of your activity provision and give a detailed report which will explain in full our findings and also guidance on improving and achieving best practice. This is useful when preparing for inspections or as a 'temperature check' on the quality of your activity provision.

Consultancy

We can offer support in areas such as assessing current activity provision, contribute to a training needs analysis or simply talk through issues with managers. Our role as a 'critical friend' can be invaluable in the development of staff and managers.

Do you want to feel part of a community of learners, collaborating and developing with colleagues from across the sector?

Your NAPA membership offers a whole host of ways to learn together and form ongoing relationships to continue your development.

Activity forums

NAPA facilitates Activity Forums to bring Activity Coordinators together to share experiences, coach them in their role, explore current best practice and appreciate the requirements of CQC Quality Ratings.

Conferences

NAPA hosts at least one annual conference in order to bring together like-minded people to share, learn and inspire each other. Certificates of learning issued at the end of the conference ensure that these sessions form part of a process of continuous professional development.

NAPA Open Training Days

NAPA holds open training days around the country. Aimed at Activity Coordinators and Care Staff these days will be run as half day sessions, you can attend either or both, whatever suits you. These days are a good opportunity to meet other activity staff from other care settings in your area. Please see the website for further information.



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