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# NAPA Training & Support



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# Introduction

NAPA - supporting your organisation to enable the people you support 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 benefits 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 to the people they support.



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NAPA is endorsed by Skills for Care, which means that we have a mark of quality for learning and development, only awarded to the best learning and development providers 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](mailto:info@napa-activities.co.uk) or Tel: 020 70 78 9375 or see: [www.napa-activities.co.uk](http://www.napa-activities.co.uk)

## **Training your staff –are you looking for high quality training?**

**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.

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

### **Activities for people with dementia**

Participants will explore how to provide appropriate activities to meet the individual needs of those living with dementia and how to adapt activities as dementia progresses.

### **Adapting activities for differing abilities**

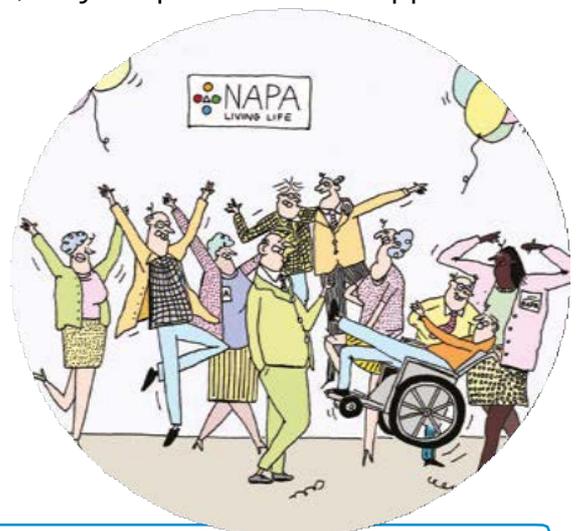
Participants will have the opportunity to explore the theory on how to adapt activities for clients of varying abilities, they will participate in interactive practical learning and plan new approaches.

### **Dementia Advanced Skills**

Participants will gain the essential knowledge and skills required to provide person centered care and support for people living with dementia, they will plan care and support that enables people to achieve positive outcomes.

### **Dementia Awareness**

Participants will gain the basic knowledge and skills to provide person centered care and support for people living with dementia.



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## **Leadership skills for activity providers**

Participants will develop the leadership knowledge and skills required to lead activities in a care setting.

## **Mealtimes – a meaningful activity**

Participants will explore the activity potential of mealtimes in care settings, reflect on how mealtimes are an integral part of activity provision and plan ways to enhance the mealtime experience.

## **The value and importance of activity in care settings**

Participants will explore the value of activity provision to not only the resident but to the care home itself.

## **The whole home approach**

Participants will recognise that provision of activity is not the sole responsibility of one person; it will explore how individual and group well being can be enhanced if the whole home are fully involved in an activity-based model of care.

## **Understanding distressed behaviour in people living with dementia**

Participants will reflect on the needs of the people they support and consider person centred approaches to distressed behaviour.

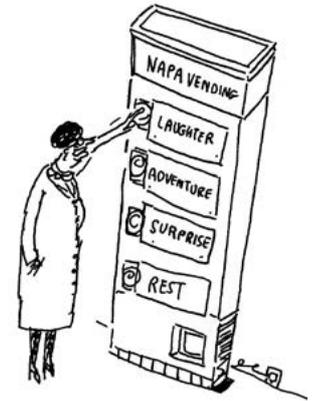
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## **NAPA qualifications will attract and retain good quality staff to support your services.**

### **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-centered 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?**

### **Audit**

NAPA will conduct in depth audit of your activity provision and give a detailed report which will explain in full our findings and 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.

### **Activity forums**

NAPA facilitates Activity Forums to bring Activity staff 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 for part of a process of continuous professional development.

### **Master Class**

Working with specialists in their field we have designed a comprehensive series of topic led Masterclasses on key and current aspects of activity provision. Each Masterclass has been carefully selected in consultation with our members and partner organisations. Masterclasses bring evidence and best practice approaches to the topic, clear learning outcomes and practical value for enhanced activity provision.

### **Open Training Days**

NAPA holds open training days around the country. Aimed at Activity Coordinators and Care Staff. 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.

### **E-learning**

NAPA are developing a range of short courses, please see the website for updates.





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