

Nutrition and Well-being in vulnerable adults and children: Module 1

Course Description:

This course is designed for all health and social care staff working with vulnerable individuals. This course will increase awareness of nutrition and diet, alongside the skills and knowledge in your staff team. This course is mapped to Common Induction Standard 8 (11.2, 11.3, 11.4).

Training packages can be tailored to meet the specific needs and concerns of your service.

Duration:

The session is delivered over half a day. Training times are normally 9.30-12.30 or 13.30-16.30

NB: This course can be delivered alongside Module 2, 3 and 4 as a whole day, incorporating nutritional screening (9.30-16.30)

Course content:

- Factors affecting dietary requirements (age, culture, religion, medical conditions, availability of food etc)
- Understanding of the importance of appropriate preparation and presentation of food and drink (attractiveness, consistency, temperature, variety etc)
- Understanding of the importance of creating an appropriate environment in which to eat and drink (eating aids, choice of menu, environment etc)

Certification:

Delegates will receive a certificate of attendance on completing the course and the accompanying workbook.

Numbers:

A maximum of 16 delegates can be accommodated on this course.

Location:

We are able to deliver this course at your own site which will assist in reducing costs. Alternatively we can deliver at our own Training Academy. It is also possible for individuals to join our own staff training sessions. Please contact sdunn@brookdalecare.co.uk to discuss your requirements.