

Postural Care

AIMS

To be understand the importance of Postural Care for those living with Complex Disability

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Explore the reasons why people living with Complex Disability have difficulties with balance and movement
- Know the principles of building stable posture in sitting and lying
- Recognise posture in complex physical disabilities and the risk factors associated
- Understand the meaning of posture and recognise the 5 areas of the spine
- Understand how muscle tone and deformities affect posture
- Know how to safely use Postural and positioning equipment
- Be aware of techniques used with client's displaying behaviour of concern or lack of capacity
- Know how to gently move people into desired positions

LESSONS AND TOPICS

Learning Disability

- What is a Learning Disability?
- Causes of Learning Disability
- Physical Characteristics

Postural Care

- What is Posture?
- What is Postural Care?
- Benefits of good Postural Care
- Consequences of Poor Posture
- Development and Posture

Muscles, Nerves and Bones

- The Spine
- Muscle Tone
- Deformities
- Respiration

Postural Equipment

- Wheelchairs
- Orthotics
- Night Supports
- Seating
- Positioning Equipment

Safe Moving and Handling Techniques

- From a Bed
- From a Chair/Wheelchair
- From the Floor

Behaviour of Concern

- What is Behaviour of Concern?
- Lack of Capacity
- Strategies for Dealing with Behaviour of Concern

