

## Improving health and wellbeing with people with a learning disability

Edinburgh Napier University is one of the leaders in the development and delivery of education for health, social care and independent sector practitioners. A series of on-line 20-credit level BSc & MSc degree options for busy, motivated practitioners have been developed.

### Who should undertake this module?

This module is open to carers and practitioners from health, social care and the independent sector that support people with learning disability as part of their current or future service provision and need to improve the health and wellbeing in partnership with people with learning disabilities.

### The aim of the module

This is a flexible learning theory module that enables reflection on current practice as a means to *improve the health and wellbeing with people with learning disabilities*. The evidence of the *high and often unmet health needs* is now well established and the policy and practice direction focuses on challenging this. The module will enable you to develop your knowledge of the *different health profile of people with learning disabilities*, enhance your skills in developing, delivering and evaluating health improvement activities that improves the quality of life in partnership with clients, their carers and the community through evidence based practice. The module will contribute to your personal development concerning improving health and wellbeing.

#### An overview of the module

- **Value base:** attitudes and values and respect of the person
- **Assessment skills:** skills development, self awareness, policy & literature identification & analysis, identifying health needs based on evidence and individual needs
- **Planning health improvement activities:** Life span approaches, person centred approaches to health improvement, partnership working, legal issues and consent
- **Implementation & evaluation:** Implementing person centred care, collaborative approaches, evaluating outcomes and impact, reviewing and analysing patient information
- **Partnership working**
- **Critical practice reflection:** listening to individuals and carers and adjusting work practices to make reasonable adjustments

#### An overview of what you will learn

- To use the best evidence of the health profile of the biopsychosocial needs of people with learning disabilities
- To develop your awareness of health improvement and health promotion practice and the application to meet the health needs of people with learning disabilities;
- To critically reflect on the roles and responsibilities strategically and locally to contribute to improving the health and wellbeing of people with learning disabilities;
- To develop intervention strategies to enhance the health and quality of life of people with learning disability in your practice;
- To evaluate the impact of interventions on the health care of people with learning disabilities within your practice area.

Additionally, Edinburgh Napier University offers a BSc or MSc in *Advanced Practice in Intellectual Disability Practice* that enables practitioners to build on previous study and interests. Practitioners can also opt for a customised degree award with the help of an academic advisor to help you can create a customised programme of study.

Finding out more about education opportunities at Edinburgh Napier University is easy. Please contact Dr Michael Brown, Lecturer on +44 (0)131 455 5364 [m.brown@napier.ac.uk](mailto:m.brown@napier.ac.uk)