

## Mealtime assistance (blended course)

Is this course suitable for you or your organisation?

This course is **now delivered VIRTUALLY** and is available:

- for Cerebral Palsy Alliance employees only

### Why choose this course?

This virtual course is an orientation activity for all staff who are involved in clients' mealtimes. The course provides participants with information on enjoyable mealtimes, safe eating and drinking procedures and improved nutrition. It outlines strategies on how to facilitate safe and enjoyable mealtimes for clients by following their individual mealtime plans. This virtual session is part of a blended program with a pre-requisite online module Mealtime Assistance - Online, to be completed prior to this session.

### What content does the program cover?

This course offers guidelines on how to follow clients' individual mealtime plans, and how to facilitate safe enjoyable mealtimes.

The content of this course will enable you to:

- Recognise the importance of mealtimes
- Recognise signs of swallowing difficulty
- Understand the purpose, function and importance of mealtime plans
- Understand how to follow and implement mealtime plans
- Understand what to do with any inconsistencies or difficult to follow instructions in a mealtime plan
- Introduction to the IDDSI Framework

The training covers strategies that promote personal dignity, safe swallow, appropriate seating and positioning and mealtime assistance techniques.

### Does the program have any prerequisites?

The following online learning course **must be completed prior** to taking part in the Mealtime Assistance virtual course.

- **Mealtime Assistance CPA– Online**

This online course will be made available on the Online Learning System and **must be completed by 9.30am the business day prior to the workshop.**

### What is the cost?

There is no cost for this course for CPA employees.

### How long is the course?

**Duration:** Half day

**Time:** Please see scheduled times or enquire below

### Where can I get more information?

**Contact:** The Training Alliance team

**Email:** [training@cerebralpalsy.org.au](mailto:training@cerebralpalsy.org.au)

**Phone:** +61 2 9975 8715

Cancellation conditions apply

## September 2021

| Date   | Course                               | Start time | Finish time | Location         |
|--------|--------------------------------------|------------|-------------|------------------|
| Tue 28 | Mealtime assistance (blended course) | 9:30AM     | 12:30PM     | Virtual Learning |
| Wed 29 | Mealtime assistance (blended course) | 9:30AM     | 12:30PM     | Virtual Learning |

## October 2021

| Date   | Course                               | Start time | Finish time | Location         |
|--------|--------------------------------------|------------|-------------|------------------|
| Thu 07 | Mealtime assistance (blended course) | 1:00PM     | 4:00PM      | Virtual Learning |