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## Specialist Health & Social Care Courses

[shawtrust.org.uk/training](https://shawtrust.org.uk/training)

**shaw trust**



“This training has improved my knowledge and skills. I can confidently assess for minor equipment and adaptations and refer to my OT colleagues where necessary. Thanks for the wonderful training –it was smooth and tussle-free.- Trusted Assessor Level 3”

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# About our training

For more than two decades, Living Made Easy has been providing accredited Continuous Professional Development (CPD) courses delivered by expert trainers who have skills, knowledge and experience in their chosen field. As a founding member of the Trusted Assessor framework, Living Made Easy is a leading industry expert in training professionals. We offer a range of accredited courses regulated by OCN and CPD.

Our courses are designed to facilitate the delivery of quality, person-centred care within the framework of best practices. Specialising in practical, hands-on training scenarios that incorporate a broad range of equipment to support personalised, independent living. We have provided training to a wide range of organisations from health practitioners to local authorities to retailers. Our training offer is suitable for all types of organisations and their employees.

Delivered online, face-to-face or as a blended approach to best suit your needs.

## Reflective practice

Alongside our training courses we also offer commercial reflective practice to organisations. This is delivered by our team of highly skilled clinical practitioners and supports attendees in using reflection to capture new knowledge after a project, situation or task. Reflective practice allows staff to continuously learn and improve and build reflection into workflow. Through training in reflective practice, it allows development in practice, understanding self, how to adapt and finally to be more aware of personal wellbeing. Prices and further information are available upon request.

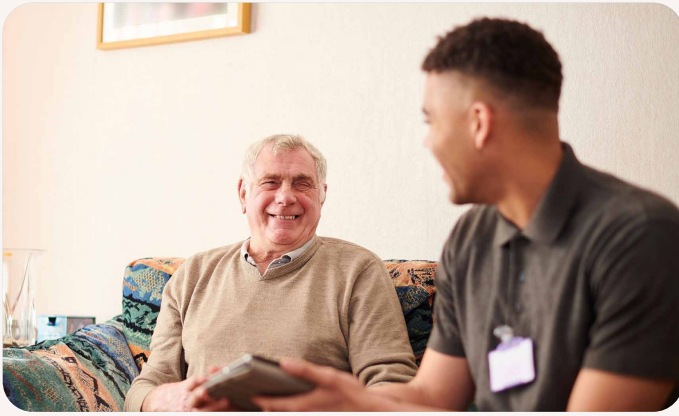




“Great course. It has given me a lot more knowledge that I didn’t know previously.”



# Training Courses



## Trusted Assessor level 1: Advising and referring for independence at home

A knowledge based CPD accredited course which is suitable for anyone working in environments who may be asked about or support with disability equipment. This course is suitable for those starting out in Health and Social Care or beginning their Trusted Assessor career path.

### The course covers:

- Understanding conditions and the impact on the ability to function.
- Understanding different roles within Health and Social Care.
- Understanding referral pathways for equipment and adaptations.
- Knowing the range of disability equipment available and their purpose.
- Knowing how to provide a quality customer experience.
- Understanding the role of the Trusted Advisor.

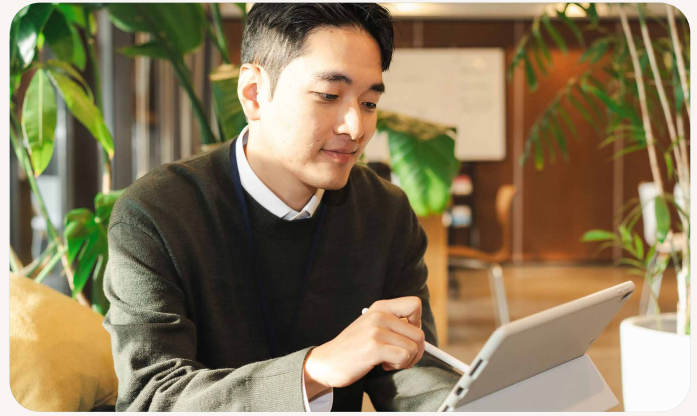
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**Duration:** One day.

**Group booking size max:** 12

**Individual places:** No

**Delivery method:** Online or face-to-face.



## Trusted Assessor level 2: Installing and demonstrating minor adaptations.

A CPD accredited course which is ideal for staff needing to adjust, fit and demonstrate equipment or minor adaptations that have been issued, or review and adjust equipment already being used.

### The course covers:

- Understanding how daily living equipment can assist people with functional difficulties to live independently.
- Understanding safety and risk factors with the prescription of basic equipment.
- How to measure for basic daily living equipment.
- Understanding how to review and adjust equipment and demonstrate the use of basic equipment.
- Understanding when to refer service users to other services.
- Understanding the role of the trusted assessor at level two.

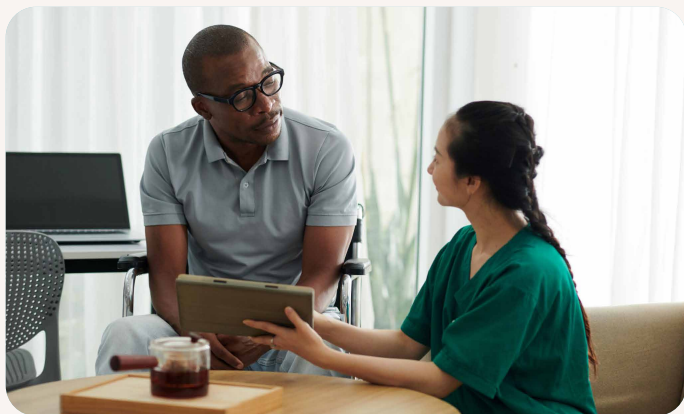
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**Duration:** One day.

**Group booking size max:** 12

**Individual places:** No

**Delivery method:** Face-to-face.



## Trusted Assessor level 3: Assessing for minor adaptations

An OCN accredited course that once complete gives the learner the ability to assess customers for basic equipment and adaptation needs.

### The course covers:

- Assessing client needs and demonstrating use of basic equipment to enable independent living.
- Knowledge of equipment and techniques available to assist with purposeful occupation.
- Safety and reducing risk factors with the prescription and use of equipment.
- Recommending, measuring for and fitting equipment.
- Knowing when and how to refer service users onto another service.
- The importance of reviewing and promoting best practice.

**Duration:** Three months.

**Group booking size max:** 12

**Individual places:** Yes (online only)

**Delivery method:** Online or blended. The blended learning course requires learners to complete e-learning, and attend a single trainer led face-to-face practical day. The virtual course comprises of the same content as the blended option, but the face-to-face day is replaced by a trainer-led online webinar.



## Trusted Assessor level 4: Assessing and adapting the home

The level four course which is also OCN accredited enables the Trusted Assessor to identify a need for major adaptations, assess, measure for, and prescribe major adaptations and apply for Disabled Facilities Grant (DFG) funding for the adaptations.

### The course covers:

- The purpose of the DFG – benefits and limitations.
- How to complete a robust risk assessment for various environments/factors.
- Identifying and justifying the need for daily living equipment and adaptations.
- Understanding environmental factors that impact on installing adaptations.
- Measuring for major adaptations.
- When to refer clients back to Occupational Therapy services.

**Duration:** Three months.

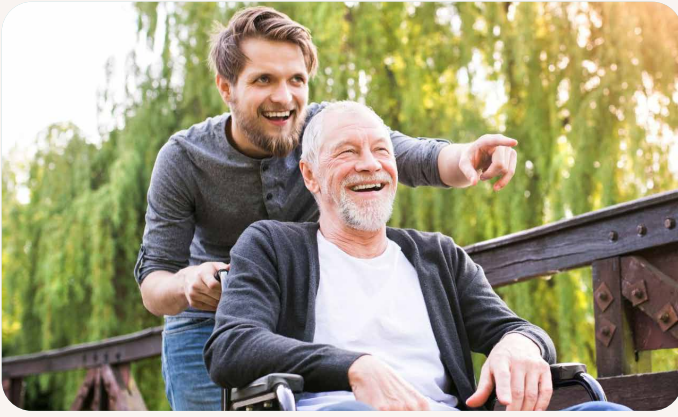
**Group booking size max:** 12

**Individual places:** Yes

**Delivery method:** Blended (one e-learning day, one face-to-face trainer led practical day). Learners are required to complete a written assignment before receiving accreditation.







## Trusted Assessor: Assessing for telecare solutions

This course is OCN accredited and is for those who wish to expand their knowledge into Technology Enabled Care (TEC) or those who are currently assessing people for telecare equipment and require a relevant qualification.

### The course covers:

- Understanding how to mitigate risk through assessment.
- The ethical implications, policy and legislation of telecare.
- The correct way to monitor and manage telecare equipment.
- Implications of the shift from analogue to digital systems.
- Strengths, weaknesses and benefits to the customer.
- Occupational Therapist assessment referral requirements.

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**Duration:** Three months.

**Group booking size max:** N/A

**Individual places:** Yes

**Delivery method:** Self-directed e-learning over three months, or one day face-to-face.



## Paediatric Trusted Assessor

This course has been designed for those who support and assess the younger generation. This is a dual qualification, on completion the learner will receive a CPD accredited Paediatric Manual Handling qualification, along with an OCN Trusted Assessor level four qualification.

### The course covers:

- Legislation relating to Paediatric Trusted Assessor and the Trusted Assessor model.
- Knowledge of how to identify the need for, assess and measure adaptations.
- Learning the correct methods on how to assist children to move.
- How to undertake a risk assessment.
- How to apply for a 'disability funding grant'.

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**Duration:** Three months.

**Group booking size max:** 12

**Individual places:** Yes

**Delivery method:** Blended (online e-learning, followed by two face-to-face practical days).







## Trusted Assessor Refresher

Reinforce the theoretical principles of assessment with this recap on the trusted assessor assessment model and how to apply it in practice.

### The course covers:

- A recap of the legislation and measuring techniques.
- Information gathering.
- Balancing safety, independence and risk.
- Risk perception.
- Equipment including bed and toilet raisers, perching stools, rails for stairs, external rails etc.

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**Duration:** Learners have up to three months to complete.

**Group booking size max:** 12

**Individual places:** Yes (online only)

**Delivery method:** Self-directed e-learning or Face-to-Face over six hours.



## People Handling

We deliver practical moving and handling courses that are CPD accredited. This includes demonstrating the use of equipment you use within your service whilst providing underpinning knowledge.

### The course covers:

- Knowing how legislation relating to moving and handling applies to job roles.
- The principals of safe handling.
- How to risk assess for moving and handling.
- Demonstrate the correct movement of an inanimate object, the correct way to assist with moving and the correct way to use equipment.

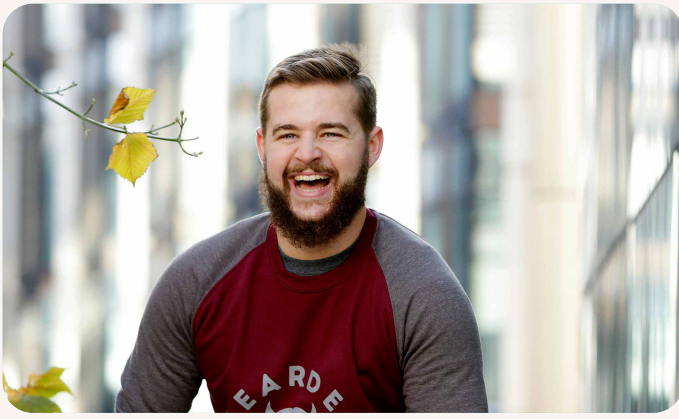
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**Duration:** One day.

**Group booking size max:** 12

**Individual places:** No

**Delivery method:** Face-to-face.



## People Handling Refresher

This course is designed for professionals that need to refresh their skills. This includes any staff member who supports others with their mobility needs in a Health and Social Care.

### The course covers:

- Legislation relating to moving and handling.
- The principals of safe handling.
- How to risk assess for moving and handling.
- The correct movement of an inanimate object.
- The correct way to assist an individual with moving.
- The correct use of a range of equipment.

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**Duration:** One day.

**Group booking size max:** 12

**Individual places:** No

**Delivery method:** Face-to-face.



## All Wales Manual Handling Passport

Originally developed in 2003 by Health and Safety professionals to ensure high standards and consistency of manual handling within the NHS. The scheme has now been adopted as the standard for manual handling in Wales. It enables carers to transfer their skills in moving and handling from one organisation to another.

### The course covers:

- Legislation.
- Risk assessment.
- The impact manual handling can have on the spine.
- Practical demonstration of correct techniques.
- The correct way to use equipment.
- How to support people with poor mental health and managing your own wellbeing when supporting others.

**Note:** This course is only applicable to organisations/institutions based in Wales. The practical equipment (beds and hoists) is essential to training and will need to be made available for delegate use during this course at your venue.

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**Duration:** One or two days.

**Group booking size max:** 12

**Individual places:** No

**Delivery method:** Face-to-face.



## Trauma Informed Care

The training is relevant to many sectors and educates anyone working with children, young people and adults. This CPD accredited course improves frontline care which supports attendees in recognising and understanding the signs of someone who has experienced trauma.

### The course covers:

- The characteristics and prevalence rates of trauma.
- Long-term physical and mental health impacts of trauma.
- The principles of Trauma Informed Care.
- The variety of ways to apply Trauma Informed Care in practice.

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**Duration:** Six hours.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online or face-to-face.



## Mental Health First Aid to Support Adults

This CPD accredited course provides a different option for those wanting to increase their awareness around mental health in adults.

### The course covers:

- What mental health is and the differences between poor and ill mental health.
- The wellbeing continuum.
- How to identify risk and protective factors around mental health.
- Understanding the impact of stigma and discrimination
- Signs and symptoms of mental ill health and common mental health disorders.
- How to support people with poor mental health and managing your own wellbeing when supporting others.

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**Duration:** One day.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online or face-to-face.





## Mental Health First Aid to Support Young People

This CPD accredited course provides a different option for those wanting to increase their awareness around mental health in young people.

### The course covers:

- The differences between mental health and mental wellbeing.
- Identifying risk factors linked to mental ill health.
- Supporting young people with poor mental health.
- Being able to manage your own wellbeing when supporting others

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**Duration:** One day.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online or face-to-face.



## Mental Health Refresher

It is recommended that once trained as a Mental Health First Aid, training should be refreshed every three years.

### The course covers:

- Keep your awareness of mental health support current.
- Update your knowledge of mental health and what can impact on mental health.
- Practice applying the skills required to be a mental health first aider.

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**Duration:** One day.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online only.



## Level 2 Award in Peer mentoring

The OCNLR level two award in peer mentoring has been developed for learners who will act as peer mentors, giving support to other individuals to enable them to make changes in their lives or workplace. The qualifications provide an understanding of the peer mentoring process and the key skills used in peer mentoring.

Learners will attend a webinar, where an assessor will carry out a remote observation and provide feedback to two mentees. Learners will then provide reflection on their role, solidifying the learning. Finally, learners are required to complete two workbooks to confirm their knowledge and understanding.

On completion of the course, learners will receive a level two award in peer mentoring which is regulated and accredited by OCN.

### The course covers:

- Understanding Peer Mentoring.
- Peer Mentoring Skills.

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**Duration:** Three–Six months.

**Group booking size max:** 12

**Individual places:** Yes

**Delivery method:** Online only.



## Disability Essentials

This course supports delegates to understand the needs and rights of disabled people, to tackle social barriers, and to ensure they can support disabled colleagues and customers effectively. We explore our perspectives on disability, before examining how different ‘models’ of disability may have influenced our thinking.

Delegates will learn how to apply positive disability etiquette in order to support, and advocate for individuals with a range of impairments. The course will invite us to challenge outdated ideas and attitudes, to arrive at a conception of ‘disability’ that aligns with your business’ values, and those that are personally salient to delegates.

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**Duration:** Three hours.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online or face-to-face.



## Unconscious Bias

This course defines unconscious bias, investigates what causes it, how to recognise it, and what to do about it. The session is highly collaborative, and delegates will learn as much from the sharing of personal experiences as from the taught content. The material pays particular attention to the disproportionate, adverse effects of UB on disabled people, and how we can address this in line with your organisation's vision and values.

Delegates will leave the workshop with the ability and confidence to apply what they have learned, to combat unconscious bias and create a fairer, more inclusive environment. They will be aware of their biases, where they come from, and the personal strengths they can draw upon to challenge them.

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**Duration:** Three hours.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online or face-to-face.



## Neurodiversity

This CPD accredited course will provide extensive knowledge on neurodiversity and conditions common in neurodivergent people. It looks at the benefits of disclosing neurodiversity in the workplace and provides an overview of tools that can be used to support.

### The course covers:

- Learning what neurodiversity is.
- Common neurodivergent conditions and how they can present.
- Relevant legislation.
- The benefits of disclosing neurodiverse conditions.
- Tools to support neurodiversity.

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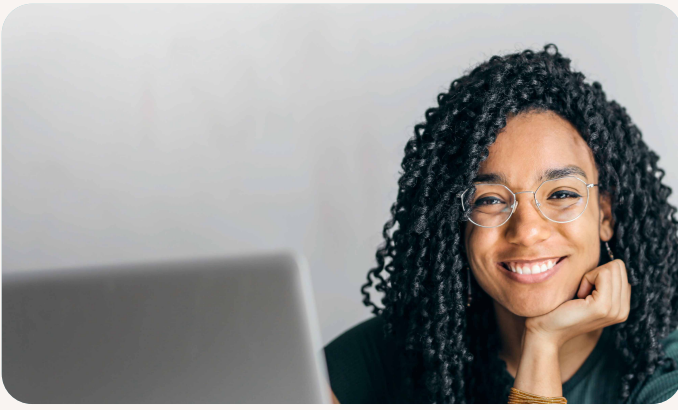
**Duration:** 5 hours.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online or face-to-face.





## Resilience Training for Staff

At work, we can come up against numerous challenges, many of which can leave us feeling overwhelmed. Having a high level of resilience enables us to thrive in the face of stressful situations at work, and in life in general.

### The course covers:

- An idea of what contributes to becoming resilient.
- An understanding of what practical steps you can take to build your personal resilience such as self-management tools or techniques.
- Knowledge of how to spot warning signs in yourself and others and potential resources you can access.

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**Duration:** Three hours.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online only.



## Resilience Training for Managers

This is designed to enable managers to support both themselves and their staff with resilience in everyday life.

### The course covers:

- The meaning of resilience.
- Circumstances that can impact on resilience.
- The seven skills of resilience.
- Your personal journey and how you are.
- Better management of staff wellbeing.
- Recognising the signs and symptoms.
- Contributing to building a healthy workplace.

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**Duration:** Three hours.

**Group booking size max:** 16

**Individual places:** Yes

**Delivery method:** Online only.

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Scan the QR code to visit our website for more details on our training courses and packages and details on how to book.

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Website: [shawtrust.org.uk/training](http://shawtrust.org.uk/training)

