



## SYLLABUS

### ABLE 201x – Well and Able – Improving the Physical Health of People with Intellectual Disability

## ABOUT THE COURSE

Worldwide, 60+ million people with intellectual disability experience poor health, die prematurely, and receive inadequate healthcare. You will gain an understanding of the barriers and enablers for people with intellectual disability, their families, and their healthcare providers.

ABLE201x – Well and Able examines the specific physical health issues that affect people with an intellectual disability including oral health, syndrome specific health issues, health communication (especially for non-verbal patients), sexual health, and interactions between tertiary and primary healthcare systems. There is a special section on complex care including issues associated with ageing, spasticity, and epilepsy.

## INTENDED AUDIENCE

These courses are open to all. Courses can be used as workforce education for medical, allied health, education, and disability professionals.

## COURSE LENGTH

If you plan to complete the course, expect to spend between 5 and 10 hours in total.

## EXPECTED LEARNING OUTCOMES

Well and Able - Improving the Physical Health of People with Intellectual Disability has the following learning goals:

- Identify common health conditions and specific conditions associated with syndromes in people with intellectual disability
- Recognise best practice for healthcare communication, assessment, and management of health conditions in people with intellectual disability
- Identify issues around capacity, consent, and the complexities of ethical decision making in healthcare for people with intellectual disability
- Identify the breadth of health promotion, and recognise specific issues associated with oral health, mental health, and sexual health in people with intellectual disability
- Understand issues arising for people with intellectual disability who are ageing
- Recognise epilepsy as a major contributor to ill-health and death, and complexity of care for people with high support needs and intellectual disability

# LEARNING PATHWAYS

Able201x is the second course of three in the AbleXSeries. This XSeries has been designed to influence, empower, and educate a wider population to improve the health and healthcare of people with intellectual disability.

In our three courses, you will learn best practice in the field of intellectual disability healthcare and gain knowledge to improve health outcomes for this disadvantaged group. Each course can be completed independently of the others.

## COURSE OUTLINE

### PART 0 - Welcome to Able201x

- Introduction and learning goals
- Meet the team
- Pre-course survey
- Meet your fellow students
- Definitions used in the course
- Endorsement

### PART 1 - Health and Intellectual Disability

- Health disadvantage
  - Health inequality
  - Early mortality
  - Visibility
  - Cultural disadvantage
  - Children
- Common health issues
  - Falls and injuries
- Case - Jack
- Discussion
- Resources

### PART 2 - Health checks and presentations

- Health assessments
  - Health assessments in primary care
  - Children and assessment
  - Assessment issues - doctors
- Syndromes
  - Fetal Alcohol Spectrum Disorders
  - Prader Willi syndrome
  - Fragile X syndrome
  - Down syndrome
- Discussion
- Resources

### PART 3 - Accessing care

- The healthcare continuum
  - Social and mental health
  - People in prison
  - Medical emergencies
- Healthcare communication
- Healthcare decision making
  - Involving the person
  - Involving the family
  - Involving the health practitioner
- Consent
- Discussion
- Resources

### PART 4 - Health promotion

- Promoting health
  - Oral health
  - Mental health support
  - Children and mental health
  - Sexual health
- Case - Sally needs help
- Discussion
- Resources

### PART 5 - Complex care

- Ageing and intellectual disability
  - Ageing - Models of care
  - Down syndrome and Alzheimer's
- Epilepsy and intellectual disability
- High support needs
  - Person-centred active support
  - Complex care - parents
- Discussion
- Resources
- Course evaluation

## COURSE NAVIGATION

Each time you log in to the course, you will land on the 'Home' page where you will see announcements, course information, and links to handouts. There are several other tabs across the top of the page:

**Course:** This area holds the course content – videos, activities, assessments etc. You should generally work through the course in the order in which it is presented. The sections are listed in the left-hand navigation bar (in blue text) and when you click on one, the sub-sections (in black text) will be displayed. A blue icon indicates subsections that contain graded assessments.

Each sub-section holds a varying number of units (usually between 1 and 10). These are displayed across the top of the screen in the horizontal bar.

**Tip!** It can be easy to miss some of the content in these units if you generally work in learning platforms where navigation is done from the sidebar. In the edX environment you need to navigate using both the left side bar and the bar at the top of the page.

**Discussion:** This tab takes you to all of the discussions for the course. We encourage you to engage with others in the class on the forums, ask questions, and share information. Please be respectful of others' views, help each other, and engage with each other meaningfully.

**Progress:** This tab shows your progress and grades for all completed assessments in the course.

## ASSESSMENT AND COMPLETION REQUIREMENTS

This course contains both ungraded and graded assessment. If you want to receive an ID Verified Certificate, you will need to complete and pass all of the graded assessment.

You will need to obtain an overall mark of at least 75% over all of the graded assessment items in order to pass the course.