



## SYLLABUS

### ABLE301x – Able-minded - Mental health and 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.

ABLE301x focuses on the mental health issues of people with intellectual disability, including the complexities of diagnosing mental health issues in people with intellectual disabilities and the types of disorders, assessments, screenings, and treatments used. There is also be a special focus on the legal and ethical complexities in health practice with patients who often require substituted consent.

## INTENDED AUDIENCE

This course is open to all. The course 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

The learning goals for this course on mental healthcare for people with intellectual disability and the ethics of decision making are to:

- Understand mental health disorders and how they manifest in people with intellectual disability
- Identify best practice for the screening and assessment of mental health issues in people with intellectual disability
- Identify the purpose and manifestation of challenging behaviour and how to manage it
- Identify best practice in treatment options for people with intellectual disability, including the basic principles of prescribing and monitoring medications
- Examine the ethical framework for decision making in healthcare for people with intellectual disability

## LEARNING PATHWAYS

Able301x is the third and final course of three in the Able XSeries. 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 the course

- Introduction, definitions, and learning goals
- Meet the team
- Finding your way around the course
- A few questions about you
- Meet your fellow students
- Endorsement

### PART 1 - Mental health and disorders

- Mental health disorders
  - Psychosis
  - Anxiety disorders
  - Depression
  - Bipolar disorder
- Case – Luke
- Discussion
- Resources

### PART 2 – Assessment and screening

- Screening and assessing mental health
  - Seeking help
  - Understanding assessment – children
  - Assessing mental illness
  - Screening and assessment of mental illness in people with intellectual disability
- Case – Tamara
- Discussion
- Resources

### PART 3 - Challenged or challenging?

- Assessment and management of challenging behaviour
  - Identifying challenging behaviour
  - Emotion
  - Behaviour and children
  - Distress
- Behaviour support
- Case - Ella
- Discussion
- Resources

### PART 4 - What management and when?

- Treatment of mental health issues
  - Treatment guidelines
  - Teamwork
  - H.E.L.P.
  - Management
  - Psychotropic medications
- Mental health and well-being
  - Introduction
  - Collaborative well-being
  - Across sectors
  - Transitions
- Discussion
- Resources

## COURSE OUTLINE - CONTINUED

### PART 5 – Patient rights – Some ethical dilemmas

- Patient rights
  - Value
  - Equity
  - Meaning
  - End of Life
- Case – An ethical dilemma
- Discussion
- Resources

### FINAL

- Mental wellness
- 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.