



Disability Confident

This one-day training course offers you an in depth understanding of disability, impairment and mental ill health.

The course is suitable to people who want to increase their awareness of disability issues or gain more confidence in working with or supporting people with a disability, impairment or mental ill health.

The course gives an in depth understanding of disability, impairments, mental health and the factors that can affect wellbeing

Delegates will gain:

- Practical skills to make reasonable adjustments, meet needs and to explore the issues from different perspectives (race, gender, sexuality etc)
- Confidence to proactively make reasonable adjustments, meet needs and to offer tailored services
- Knowledge to guide you to further resources and materials to meet your needs

Course Outline

- Introduction
- Disability and different models
- Disability myths and misconceptions
- Disability matters
- What the law says
- Including everyone, regardless of their disability, impairment or mental health
- The importance of language
- Reflecting on experiences

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