

DISTANCE LEARNING

**TYRO TRAINING**  
TRAINING | CONSULTANCY | SUPPORT

**FREE\***  
**COURSES**

**HEALTH, SOCIAL CARE & WELLBEING  
FOR ADULTS AND YOUNG PEOPLE**

NCFE CACHE 2 VIA DISTANCE LEARNING

**WWW.TYROTRAINING.CO.UK**

# DISTANCE LEARNING – NCFE LEVEL 2

The perfect solution for those with busy work or home lives who would like to gain a NCFE CACHE accredited qualification. The courses are delivered through activity workbooks designed to support learning and test knowledge. During your induction, you will be guided through the course plan and then given support from your allocated tutor to complete the workbooks.



## UNDERSTANDING DIGNITY & SAFEGUARDING IN ADULT HEALTH & SOCIAL CARE

Designed primarily for individuals working with, or intending to work with vulnerable adults in the health and social care sectors.

- Understand safeguarding in adult health and social care
  - Principles of dignity in adult health and social care practice
  - Understand duty of care in adult health and social care
  - Understand dilemmas and public concerns in adult health and social care
- .....

## UNDERSTANDING THE SAFE HANDLING OF MEDICATION IN HEALTH & SOCIAL CARE

Designed to develop understanding of how to handle medicines safely, from storage and record keeping, to administering and disposal. Ideal for working within the health and social care sector.

- Understanding medication and prescriptions
  - Supply, storage and disposal of medication
  - Safe administration of medication
  - Record-keeping and audit processes for medication and storage
- .....

**FULL INFORMATION AVAILABLE AT: [WWW.TYROTRAINING.CO.UK](http://WWW.TYROTRAINING.CO.UK)**



## UNDERSTANDING CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH

Designed for those who want to increase their knowledge and awareness of children and young people's mental health.

- Understanding children and young people's mental health in context
- Understand factors which may affect children and young people's mental health
- Understand children and young people's mental health concerns
- Understand the impact of children and young people's mental health concerns
- Understand how to support children and young people with mental health concerns

## AWARENESS OF MENTAL HEALTH PROBLEMS

This course would be of particular use to anyone who, in a professional or personal capacity, wishes to know more about a range of mental health conditions to improve awareness and understanding.

- Understanding mental health, definitions, impact and the law
- Understanding anxiety disorders, stress, anxiety and phobias
- Understanding mood disorders, depression, post natal and bipolar
- Understanding other mental disorders: schizophrenia, dementia, eating disorders, attention deficit hyperactivity disorder, obsessive compulsive disorder and post traumatic stress disorder



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## PRINCIPLES OF CARE PLANNING

Designed for care workers to understand their role in supporting the preferences and needs of individuals in relation to their care or support, the development, implementation and review of care plans.

- Understanding person-centred thinking and planning
- Care planning for the care worker
- Understanding nutrition and hydration in health and social care settings
- Principles of supporting an individual to maintain personal hygiene
- Understanding continence care
- Principles of supporting sleep

## UNDERSTANDING COMMON CHILDHOOD ILLNESSES

For those who wish to develop an awareness and understanding of common childhood illnesses to enable them to support the development and wellbeing of infants and children they support or care for.

- Understand how to provide a safe and healthy environment for babies and young children
- Understand common childhood illnesses
- Understand health emergencies and specific health conditions in an early years setting

## PRINCIPLES OF END OF LIFE CARE

Designed for anyone who would like to, or is already working in the health and social care sector and who want to develop knowledge of end of life care.

- How to work in end of life care
- Care planning in end of life care
- Support to manage pain and discomfort
- End of life care and dementia
- The role of the care worker in time of death
- Understanding loss and grief

## PRINCIPLES OF DEMENTIA CARE

For anyone who in a professional or personal capacity wish to know more about assisting those with dementia in order to improve the quality of life for those suffering with the condition.

- Dementia awareness
- The person-centred approach to the care and support of individuals
- Communication and interaction factors
- Equality, diversity and inclusion
- The administration of medication using a person-centred approach
- Behaviour in the context of dementia
- The benefits of engaging in activities



## UNDERSTANDING THE CARE & MANAGEMENT OF DIABETES

Ideal for those working or intending to work in healthcare or social care who wish to gain an understanding of the care and management of diabetes.

- Understanding diabetes
  - Prevention and early intervention of type 2 diabetes
  - Understand the initial care of diabetes
  - Understand the treatment and management of diabetes
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## UNDERSTANDING SPECIFIC LEARNING DIFFICULTIES

Ideal for teaching staff, care staff or anyone looking to build their knowledge of dyslexia and other learning difficulties.

- Understand specific learning difficulties
  - Understand the effects of specific learning difficulties
  - Understand the diagnosis of specific learning difficulties
  - Understand supporting individuals with specific learning difficulties
  - Understand the context of specific learning difficulties
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## PRINCIPLES OF WORKING WITH INDIVIDUALS WITH LEARNING DISABILITIES

Ideal for those with an interest in, or who are already working with individuals with learning disabilities in a variety of roles.

- Understand the context of supporting individuals with learning disabilities
  - Introduction to personalisation in social care
  - Principles of positive risk-taking for individuals with disabilities
  - Principles of supporting individuals with a learning disability to access healthcare
  - Introductory awareness of autistic spectrum conditions
  - Principles of safeguarding and protection in health and social care
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## COMMON HEALTH CONDITIONS

This course will particularly appeal to individuals who have a professional or personal interest in arthritis care, stroke, dementia, Parkinson's disease and sensory loss awareness.

- Arthritis awareness
  - Stroke awareness
  - Dementia awareness
  - Parkinson's disease awareness
  - Sensory loss awareness
  - Understand how to contribute to monitoring the health of individuals affected by health conditions
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## UNDERSTANDING SAFEGUARDING & PREVENT

Designed for those who have a duty of care and want to increase their knowledge and awareness of the Prevent Duty and safeguarding, including online safety.

- Understanding the Prevent Duty
  - Understand safeguarding
  - Understanding online safety
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## FALLS PREVENTION AWARENESS

For anyone working in a healthcare or social care environment, particularly those that support, or have contact with, older people who have an increased propensity to falls.

- Falls in context
  - The risk factors and causes of falls
  - Falls assessment and prevention
  - Managing falls
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## UNDERSTANDING AUTISM

Ideal for those where an understanding of autism and knowledge of how to support people with autism is required for their job role.

- Introduction to autism
  - Using a person centred approach to support individuals with autism
  - Communication and social interaction
  - Sensory processing, perception and cognition in individuals with autism
  - Supporting positive behaviour
  - Supporting individuals with autism to live healthy and fulfilled lives
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## UNDERSTANDING NUTRITION & HEALTH

For those with some existing knowledge of this area who are interested in improving their understanding of nutrition and healthy eating.

- Explore principles of healthy eating
  - Consider nutritional needs of a variety of individuals
  - Use food and nutrition information to plan a healthy diet
  - Principles of Weight Management
  - Understanding eating disorders
  - Principles of food safety for the home environment
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## PREVENTION AND CONTROL OF INFECTION

Designed for anyone who would like to, or is already working in the health and social care sector.

- Causes and spread of infection
  - Importance of personal hygiene
  - Decontamination cleaning and waste
  - Infection prevention and control in healthcare
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## IMPROVING SERVICE USER EXPERIENCE IN HEALTH & SOCIAL CARE

Designed for those who wish to develop an awareness and understanding of how to deliver effective customer service in health and social care settings. Anyone who currently works in the health and social care sector or who wishes to work in the sector would benefit from this course.

- Preparing to deliver customer service in health and social care settings
  - Effective communication for health and social care
  - Understand the specific needs of customers accessing health and social care services
  - Team work in health and social care settings
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## UNDERSTANDING BEHAVIOUR THAT CHALLENGES

Useful to those working in education settings. You will develop in-depth knowledge of behaviour that challenges which could support progression onto other appropriate qualifications and into relevant employment in the health and social care sector.

- Understand behaviour that challenges
  - Understand how to support positive behaviour
  - Understand the importance of effective communication and management of behaviour that challenges
  - Understand the role of reflection and support for those involved in incidents of behaviour that challenges
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## COUNSELLING SKILLS

An Introduction to the use of counselling skills in everyday life and work, and some of the approaches that underpin the use of these skills. It gives learners the opportunity to investigate the knowledge and skills needed to use counselling skills and engage in a helping interaction appropriately.

- Using counselling skills
  - Introduction to Counselling skills theories
  - Diversity and ethics in the use of counselling skills
  - Counselling skills and personal development
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**WE ALSO OFFER DISTANCE LEARNING COURSES IN**  
**- HOSPITALITY, LEISURE & SERVICE INDUSTRIES**  
**- BUSINESS & MANAGEMENT**

**Eligibility criteria apply as follows:**

- Candidates must be aged 19 or over on 31 August 2019
- Candidates age 19-23 must already hold a full Level 2 qualification
- Candidates must have lived within the EU for the last 3 years
- Candidates should inform Tyro Training of any other course/educational programme they may be currently studying

\*Providing the course and assessment is successfully completed within the agreed timescale. In the event of non-completion or early withdrawal, a fee of £100 will be charged by Tyro Training.



**Education & Skills  
Funding Agency**

FULL DETAILS ON DISTANCE LEARNING COURSES CAN BE FOUND AT:  
**WWW.TYROTRAINING.CO.UK | EMAIL: INFO@TYROTRAINING.CO.UK**  
**SKIPTON: 01756 797 266 | SCARBOROUGH: 01723 588 072**