

Health & Safety eLearn Courses

6 Courses

#1: Diet & Meal Planning for Provider Agency Staff

Target Audience: Support Coordinators, Intensive Support Coordinators, Planning List Administrators, State Support Coordinators, DSPs

Learning Objectives

- Interpret and apply individual diet orders when planning and preparing meals.
- Identify appropriate meal substitutions and food consistency adaptations.
- Shop effectively with dietary needs, allergies, and restrictions in mind.
- Plan nutritious, appealing meals that respect individual dignity.

Modules

1. Portion Sizes and Nutritional Needs
2. An Introduction to Reading Diet Orders
3. Meal Preparation Techniques

Runtime: 25 minutes

#2: Plate It Safe: Avoiding Mealtime Risks

Target Audience: IDD Provider Staff and Support Coordination *(Includes two tailored learning tracks)*

Learning Objectives

- Identify the “Dangerous Dozen” mealtime practices that pose health risks.
- Recognize unsafe environments and take action to correct them.
- Support DSPs in helping individuals follow prescribed diets and food texture and fluid modifications.
- Promote safe, respectful mealtime environments.
- Develop strategies for communicating concerns and feedback to DSPs.

Modules

1. The Dangerous Dozen: 12 Practices to Promote Safe Mealtime
2. Understanding Silent Aspiration
3. Observing Direct Support Professionals
4. Final Thoughts

Runtime: 45 minutes

#3: Techniques in Proper Maintenance of Durable Medical Equipment (DME)

Target Audience: Support Coordinators, Intensive Support Coordinators, Planning List Administrators, State Support Coordinators, DSPs

Learning Objectives

- Understand the importance of routine DME maintenance.
- Identify signs of poor wheelchair fit and user discomfort.
- Recognize when issues require reporting or professional intervention.

Modules

1. Introduction to DME
2. Understanding Wheelchairs
3. General Wheelchair Care and Maintenance
4. Reporting Equipment Issues
5. DME Maintenance and Repair

Runtime: 25 minutes

#4: Understanding and Recognizing Pain in People with IDD

Target Audience: Provider Staff, Support Coordinators, Intensive Support Coordinators, Planning List Administrators, State Support Coordinators

Learning Objectives

- Understand challenges associated with recognizing pain in people with IDD.
- Identify physical, behavioral, and emotional pain indicators.
- Use effective observation and documentation techniques to communicate concerns to healthcare professionals.

Modules

1. Recognizing Pain
2. Identifying Behaviors: Signs of Pain and Illness
3. Documenting and Reporting Pain Observations

Runtime: 25 minutes

#5: Effective Communication for Direct Support Professionals

Target Audience: Provider Staff, Support Coordinators, Intensive Support Coordinators, Planning List Administrators, State Support Coordinators

Learning Objectives

- Identify components of effective communication and common communication barriers experienced by people with IDD.
- Analyze behavioral cues and environmental factors to determine what a person may be communicating.
- Apply person-centered communication strategies—including active listening, clear language, and communication tools—in scenarios.
- Evaluate personal communication habits and biases and justify adjustments.

Modules

1. Tools for Success
2. What is Communication?
3. Expressive vs. Receptive Communication
4. Presuming Competence vs. Incompetence
5. Communication Styles and Preferences
6. Recognizing Emotional and Psychological Discomfort
7. Communication Strategies
8. De-escalation Strategies

Runtime: 55 minutes

#6: Understanding Polypharmacy

Target Audience: Provider Staff, Support Coordinators, Intensive Support Coordinators, Planning List Administrators, State Support Coordinators

Modules

1. Introduction to Polypharmacy
2. Monitoring and Managing Polypharmacy

Runtime: 25 minutes

What You'll Gain

This six-course, self-paced training series equips provider staff and support coordinators with practical, scenario-based learning to enhance health and safety outcomes for people with intellectual and developmental disabilities (IDD).

Learners will build critical skills in mealtime safety, nutrition, medical equipment maintenance, pain recognition, medication awareness, and effective communication—all tailored to the unique needs of people with IDD. The courses combine expert guidance with interactive elements to drive meaningful application in real-world settings.

- Self-paced modules with engaging videos and real-life scenarios
- Knowledge checks to reinforce learning
- No downloads needed—everything is accessible via the platform

Gain the tools to reduce risks, improve support coordination, and enhance the quality of life for those you support.

How It Works

The Health & Safety eLearning courses can be hosted within an existing SCORM-compliant learning management system (LMS) or through IntellectAbility's electronic Learning Platform (eLP). Both options allow learners to progress at their own pace while enabling tracking of user activity and course completion, with certificates generated upon successful completion.

Courses can be taken individually to address specific skill areas, but together, they provide a comprehensive approach to improving health and safety outcomes for people with IDD. Learners gain the greatest impact when engaging with the full series, as the topics are designed to complement and reinforce one another.

Learn more about IntellectAbility and the Health & Safety eLearn courses by visiting [ReplacingRisk.com](https://www.ReplacingRisk.com).