



## Caregiver Training Schedule

The Office of Integrated Health Supports Network (OIHSN) at the Department of Behavioral Health and Developmental Services (DBHDS) offers virtual trainings for caregivers of individuals with intellectual and developmental disabilities (DD).

- ★ Pre-registration is required for all virtual training sessions.
- ★ After registering a link will be sent via email to add to your calendar with the link needed to enter the training on the day of.
- ★ Attendees of each OIHSN training sessions will receive a certificate of participation, and a .pdf copy of the PowerPoint presentation along with any other educational materials where applicable.

OIHSN Trainings are also available on the Commonwealth of Virginia Learn Center (COVLC) at no cost to provider agencies.

- ★ To set-up an account go to [dbhdscovlchelpdesk@dbhds.virginia.gov](mailto:dbhdscovlchelpdesk@dbhds.virginia.gov)
- ★ Follow the instructions to complete the COVLC account set-up <https://dbhds.virginia.gov/wp-content/uploads/2023/09/COVLC-INSTRUCTIONS.09.23.02.pdf>
- ★ Available 24 hours a day – 7 days a week.
- ★ Each staff-member/caregiver can have their own account connected to an email.
- ★ Provider agencies can track employee progress.
- ★ Downloadable resources and certificate of completion available with each training.

Training Title	Description	Date and Time	Registration Link
<b>Falls &amp; Individuals w/ Developmental Disabilities</b>	This training will review the accepts of Falls relating to the intellectual and developmentally disabled population (I/DD). It will cover information on what percentage of individuals with I/DD fall annually, what might cause an individual with I/DD to fall, what medications increase the chances of falls, what to do if a fall occurs and when to seek medical help after a fall.	24 hours a day - 7 days a week.	<a href="mailto:dbhdscovlchelpdesk@dbhds.virginia.gov">dbhdscovlchelpdesk@dbhds.virginia.gov</a> to set-up an account
<b>Sepsis</b>	How to recognize the signs and symptoms of sepsis, and how vital signs can indicate there is a problem. What role the direct care staff play in reducing the seriousness of sepsis, and recognizing the need to get help immediately if sepsis is suspected in an individual with DD.	24 hours a day - 7 days a week.	<a href="mailto:dbhdscovlchelpdesk@dbhds.virginia.gov">dbhdscovlchelpdesk@dbhds.virginia.gov</a> to set-up an account
<b>VDH Special Needs Oral Health</b>	Learn strategies to support individuals to improve oral care and prevent diseases of the mouth. Participants will have the information and tools to share with other staff in their agencies and improve overall staff training.	Tuesday November 19, 2024, 10:00 a.m. – 12:30 p.m.	<a href="https://us06web.zoom.us/join/joinmeeting/register/tZArde2sqzlrHtNprjpwSOeFLY0FWUjih5r2">https://us06web.zoom.us/join/joinmeeting/register/tZArde2sqzlrHtNprjpwSOeFLY0FWUjih5r2</a>
<b>My Care Passport &amp; Advocacy Tip Sheets</b>	Training will review the background of the Passport concept, how to complete the Microsoft fillable file, types of information to include in each section, and how the My Care Passport along with the Advocacy Tip Sheets can be used to bridge the communication gap between the community caregiver and the staff in acute care settings to improve care and outcomes for the individual with DD.	24 hours a day - 7 days a week.	<a href="mailto:dbhdscovlchelpdesk@dbhds.virginia.gov">dbhdscovlchelpdesk@dbhds.virginia.gov</a> to set-up an account
<b>REVIVE training</b>	This training is focused on the Virginia state laws surrounding opioid overdose including statistical information on opioid overdose in Virginia, how to recognize a person experiencing an opioid overdose compared to someone who is high, information on the opioid antagonist Naloxone, how opioids work in the brain, how Naloxone works to block opioid overdose, the steps in responding to an opioid overdose, when to call 911, when to administer the first dose of Naloxone, how to give rescue breathes, how to perform chest compressions, when to administer a second dose of Naloxone, how to put someone into the recovery position, as well as more information on train-the-trainer courses.	24 hours a day - 7 days a week.	<a href="mailto:dbhdscovlchelpdesk@dbhds.virginia.gov">dbhdscovlchelpdesk@dbhds.virginia.gov</a> to set-up an account
<b>Choking &amp; Airway Obstruction</b>	Review the reasons why individuals with DD might choke while eating or drinking, how to recognize the signs and symptoms of dysphagia, and aspiration. Review of food textures, and the dangers of nut butters related to choking death. When to seek an assessment by a Speech Language Pathologist (SLP), and what individuals may need mealtime protocols.	24 hours a day - 7 days a week.	<a href="mailto:dbhdscovlchelpdesk@dbhds.virginia.gov">dbhdscovlchelpdesk@dbhds.virginia.gov</a> to set-up an account
<b>Nutrition Part 1</b>	Discover basic nutrition by learning about how food=calories=energy, the 6 essential nutrients to include in every diet, the USDA nutritional guidelines, 5 food groups, and myplate.gov. Review how nutrition effects the individual with DD, long-term health conditions, and how caregivers play a part in encouraging healthy food choices.	Thursday December 5, 2024, 1:00 p.m. – 3:00 p.m.	<a href="https://events.gcc.teams.microsoft.com/event/1b6c3526-9b79-4daa-b146-2ea0ff927455@620ae5a9-4ec1-4fa0-8641-5d9f386c7309">https://events.gcc.teams.microsoft.com/event/1b6c3526-9b79-4daa-b146-2ea0ff927455@620ae5a9-4ec1-4fa0-8641-5d9f386c7309</a>
<b>Nutrition Part 2</b>	The training reviews food shopping, food safety and reading food labels. Learn how to prepare before going grocery shopping, how to select foods at the store, how to properly store foods at home. Review serving sizes, sodium, sugar, fat content, and special diet symbols found on food labels.	Tuesday December 10, 2024, 10:00 a.m. – 12:00 p.m.	<a href="https://events.gcc.teams.microsoft.com/event/100186af-f19f-405f-bd3f-9be18ee4b239@620ae5a9-4ec1-4fa0-8641-5d9f386c7309">https://events.gcc.teams.microsoft.com/event/100186af-f19f-405f-bd3f-9be18ee4b239@620ae5a9-4ec1-4fa0-8641-5d9f386c7309</a>
<b>Medication Administration</b>	This training defines safe med administration, adverse drug events and med error risk factors. It will examine the impact of med administration on individual with IDD and additional considerations. It reviews how to reduce risk of harm, defines a Medication Administration Record (MAR), the differences between Unlicensed Persons (UP) vs. Registered Medication Aide (RMA) and proper handling of medications to include storage and disposal.	24 hours a day - 7 days a week.	<a href="mailto:dbhdscovlchelpdesk@dbhds.virginia.gov">dbhdscovlchelpdesk@dbhds.virginia.gov</a> to set-up an account