



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
- ★ 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
Seizures	Review what a seizure is, the different types of seizures, potential causes, signs and symptoms, how individuals with intellectual and developmental disabilities are at a higher risk for seizures, complication, the role of the healthcare provider, and treatments.	Thursday January 16, 2025, 1:00 p.m. – 2:00 p.m.	https://events.gcc.teams.microsoft.com/event/d24d36bc-49c3-4596-9e5c-5346093c0df2@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Skin Integrity	Learn about the factors which can cause skin breakdown, how to provide good skin care while bathing, positioning, and changing individuals with high personal care needs. Learn about the healthcare professionals who are involved in the treatment, how caregivers can help to prevent pressure injury, an understanding of how to properly document pressure injury with skin breakdown, and when to report.	Tuesday January 28, 2025, 10:00 a.m. – 11:00 a.m.	https://events.gcc.teams.microsoft.com/event/28d7e6ac-17f7-40ac-b047-6c4361a9d942@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Falls & Individuals w/ Developmental Disabilities	This training will review the aspects 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.	dbhdscovlchelpdesk@dbhds.virginia.gov to set-up an account
Choking	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.	Tuesday February 11, 2025, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/dc98cdc4-0cbe-46e0-8268-c3d0df65f773@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Constipation	Define constipation, the types of constipation, causes, symptoms, complications including fecal impaction, and treatments for constipation. Discuss the prevalence of constipation in individuals with intellectual and developmental disabilities and ways to decrease the risk of constipation and the associated complications.	Thursday February 20, 2025, 10:00 a.m. –11:00 a.m.	https://events.gcc.teams.microsoft.com/event/fd4b59b5-1135-402b-8628-458f774f9c83@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
UTIs	This training will review the prevalence of UTI in the DD population, the different types UTI's, the risk factors associated with UTI, signs & symptoms of UTI, treatment, care considerations and possible complications related to a urinary tract infection. When to seek medical health, how to get a clean catch urine sample, and how to handle urine specimens, and how UTI can lead to sepsis.	24 hours a day - 7 days a week.	dbhdscovlchelpdesk@dbhds.virginia.gov to set-up an account
Aspiration Pneumonia	Define aspiration pneumonia, discuss the signs and symptoms, risk factors, complications, diagnostic tests, and treatments, identify how dysphagia increases the risk of aspiration pneumonia, how individuals with intellectual and developmental disabilities are at a higher risk for aspiration pneumonia, and how Speech Language Pathologists (SLPs) can evaluate individuals for dysphagia.	Thursday March 6, 2025, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/0818aefc-8669-406a-af7e-3928cc10c0c6@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Dehydration	Define dehydration, identify the benefits of adequate hydration, review the causes, symptoms, and complications of dehydration, discuss how individuals with intellectual and or developmental disabilities are at a higher risk for dehydration, and list interventions to lower the risk of dehydration.	Tuesday March 18, 2025, 10:00 a.m. – 12:00 p.m.	https://events.gcc.teams.microsoft.com/event/36ad0611-7f18-43fb-b2c3-525d9a6c23e1@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Calling 911	This training provides an overview of the emergency medical response system with examples of emergencies, reviews the importance of calling 911 first, the chain of survival, what information to relay to the 911 dispatcher, post-emergency follow-up, and what to do for a behavioral crisis, including contact information for REACH.	24 hours a day - 7 days a week.	dbhdscovlchelpdesk@dbhds.virginia.gov to set-up an account