



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 (IDD).

- ★ 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 session will receive a certificate of participation and a PDF copy of the PowerPoint presentation along with any other educational materials as 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
- ★ For instructions, go to: <https://dbhds.virginia.gov/wp-content/uploads/2023/09/COVLC-INSTRUCTIONS.09.23.02.pdf>
- ★ The COVLC is 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
Fatal Seven: Part 1	The Fatal Seven Part 1 review includes the signs and symptoms of dehydration, constipation, pressure injuries, and falls. Support tips focus on recognition of early symptoms, when to seek medical treatment, and when to seek emergency medical care.	Tuesday January 13, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/9abe151d-1235-41cf-a129-397daac24f4e@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Fatal Seven: Part 2	The Fatal Seven Part 2 review includes the signs and symptoms of aspiration pneumonia, seizures, sepsis and advocacy. Support tips focus on recognition of early symptoms, when to seek medical treatment, when to seek emergency medical care and advocacy tips.	Thursday January 22, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/30ace94a-945d-44c6-807b-fec5fb0907bf@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Nutrition: Part 1	Discover basic nutrition by learning 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 affects the individual with DD, long-term health conditions, and how caregivers play a part in encouraging healthy food choices.	Tuesday January 27, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/281e694d-2a9f-49a9-8b28-38dd85faa442@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Nutrition: Part 2	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.	Thursday February 5, 2026, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/d083c3cc-e4f0-4c80-864e-0555119e5d7c@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Dysphagia & Modified Diets	Signs, symptoms, and risks related to dysphagia. The effects on individual's quality of life. The connection to aspiration pneumonia and choking. Identify how mealtime behaviors, medications, and some foods increase risk. Diagnoses, tests and the physician's involvement. How foods and liquid textures affect an individual's ability to swallow.	Tuesday February 10, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/d6c328d5-4385-4bbd-9418-025cc6a92311@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Fatal Seven: Part 1	The Fatal Seven Part 1 review includes the signs and symptoms of dehydration, constipation, pressure injuries, and falls. Support tips focus on recognition of early symptoms, when to seek medical treatment, and when to seek emergency medical care.	Tuesday February 24, 2026, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/0a43e851-8567-4799-a6e2-9fac5ac5d23e@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Fatal Seven: Part 2	The Fatal Seven Part 2 review includes the signs and symptoms of aspiration pneumonia, seizures, sepsis and advocacy. Support tips focus on recognition of early symptoms, when to seek medical treatment, when to seek emergency medical care and advocacy tips.	Thursday March 12, 2026, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/887a7194-3304-4bbc-98d1-dd522e1552bf@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Diabetes: Part 1	This training will explain the definitions of Pre-diabetes, Diabetes Type 1, and Type 2, review risk factors which contribute to diabetes, hyperglycemia, hypoglycemia, learn how to identify carbohydrates and the role they play, medical complications, who is at higher risk for developing diabetes, and interventions to promote self-management of diabetes.	Tuesday March 17, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/1183b6a6-ba38-4cfb-a1e3-7368745d6acc@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Diabetes: Part 2	This training will review Diabetes management and complications. It will cover dietary strategies for managing diabetes, super foods, and treatments, list types of physical activities best for diabetics, discuss barriers to physical activity for individuals with IDD, review the healthcare professional on the care team, and offer foot care tips., skin care tips, and eye care tips.	Tuesday March 24, 2026, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/43dc33af-dd4e-430e-a013-d7bfdc520338@620ae5a9-4ec1-4fa0-8641-5d9f386c7309