



Caregiver Training Schedule

The Office of Integrated Health Supports Network (OIHSN) at the Department of Behavioral Health and Developmental Services (DBHDS) offers virtual training for support persons 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.

The OIHSN RNCC team are available to schedule private training sessions for licensed provider agencies in the community by request. Contact the RNCC team at communitynursing@dbhds.virginia.gov if you are interested in setting this up.

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
Dehydration	Define dehydration and review its causes, symptoms, complications, and benefits of adequate hydration. Discuss why individuals with intellectual and developmental disabilities (IDD) are at higher risk and outline interventions to reduce that risk.	Thursday August 6, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/47724a73-693c-4bdb-badc-7715517b6ef0@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Nutrition Part 1	Learn the basics of nutrition: how food provides calories and energy, the six essential nutrients, USDA guidelines, the five food groups, and MyPlate. Explore how nutrition impacts individuals with developmental disabilities (DD), long-term health, and the caregiver's role in promoting healthy eating.	Tuesday August 18, 2026, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/f93f02d1-e334-4d2d-af78-8b18d8e013d9@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Nutrition Part 2	Learn practical skills for food shopping, safety, and label reading. Review how to plan before grocery trips, choose and store foods properly, and understand serving sizes, sodium, sugar, fat content, and special diet symbols.	Thursday August 27, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/b4659d9d-3fe4-485d-bc52-ec3502b5059a@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Aspiration Pneumonia	Define aspiration pneumonia and review its signs, symptoms, risk factors, complications, diagnostic tests, and treatments. Learn how dysphagia increases aspiration risk, why individuals with intellectual and developmental disabilities (IDD) are more vulnerable, and how Speech-Language Pathologists (SLPs) evaluate dysphagia.	Tuesday September 8, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/6d331d5a-1587-47c0-a7a2-4b50a850d610@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Dysphagia & Modified Diets	Review the signs, symptoms, and risks of dysphagia and its impact on quality of life. Explore the connection to aspiration pneumonia and choking, and how mealtime behaviors, medications, and certain foods increase risk. Discuss diagnoses, testing, physician involvement, and how food and liquid textures affect swallowing ability.	Tuesday September 15, 2026, 1:00 p.m. – 2:30 p.m.	https://events.gcc.teams.microsoft.com/event/2e7c95f3-3e51-4765-a1e6-99dd18e0cace@620ae5a9-4ec1-4fa0-8641-5d9f386c7309
Choking	Review common causes of choking in individuals with developmental disabilities (DD) during eating and drinking. Learn to identify signs and symptoms of dysphagia and aspiration. Examine food textures and understand the specific risks of nut butters associated with choking fatalities. Discuss when to refer for a Speech-Language Pathologist (SLP) assessment and which individuals may require mealtime protocols for safety.	Thursday September 24, 2026, 11:00 a.m. – 12:30 p.m.	https://events.gcc.teams.microsoft.com/event/68016960-9fc8-4096-a07e-cccaf45ae941@620ae5a9-4ec1-4fa0-8641-5d9f386c7309