

Providing Training Supporting Independent Living Providing Services

your choice, your care, your home



Extra Care Training Services



Quality Care Training by Care Professionals

About Us and Our Training Programmes

Extra Care is a not for profit organisation which is recognised as a charity in Northern Ireland and the Republic of Ireland.

Our training develops skills that underpin best practice and meets all the legislative and regulatory requirements in Northern Ireland and the Republic of Ireland.

Extra Care provides unique training programmes that have been specifically informed by and designed for home care support workers and care assistants.

Extra Care Training Services

Courses available include:

Moving and Handling: A course focused on knowledge and understanding about the spine, and how to stay safe from injury. Covers legislation and responsibilities, safe handling techniques, equipment and environment.

Personal Care Awareness: Maintaining and protecting the dignity and privacy of the client with bathing and showering, hair care, shaving, continence and feeding.

Principles of Risk Assessment: This course is designed to give employees the skills to assess risks within the workplace and covers; the need for risk assessment, regulations, the competent person, what is a hazard, the five steps of risk assessment and keeping records.

Emergency First Aid Awareness: An introduction to basic first aid techniques to cover emergency situations that staff may experience whilst undertaking their work.

Infection Control: A course which will highlight the main aspects of the causes of infection, sources of infection, routes of infection, times when personal protective equipment should be worn.

Protection of Vulnerable Adults: A course to raise awareness of the situations where abuse could occur, the different types of abuse and procedures for reporting abuse.

Catheter Care: An introductory course suitable for all staff working in residential and community care.

Medication: A course which is tailor made for the participant's policies and procedures relating to prompting, assisting and administering medication.

Nutrition and Food Hygiene: Introduction to aspects of nutrition and feeding, elements of nutritional balance and principles of food hygiene.

Dementia Awareness: Offering practical advice and support this course covers; what is dementia, types of dementia, signs and common symptoms, practical support skills and effective communication with someone with dementia.

The majority of courses are delivered within a competency framework.



Development Courses

We also provide development courses for those who wish to build on their skills:

Communication Skills: Communication is essential within any role and this course is specifically aimed at building your confidence and skills to make more of an impact.

Interviewing Skills: An introductory course that provides an overview of the interviewing process. Highlights legislation, assessing and scoring candidates and practical techniques to deal with awkward interview situations.

Trainer Facilitation: An introductory course for anyone who facilitates learning. Discover how to perform to your strengths and engage your audience to make training more effective.

Extra Care Training Centres / In-house Training:

Training can be held at our training centres in Ballymena, Downpatrick and Drogheda. Alternatively, we can deliver training in-house.

Other Services

Access NI: Extra Care is registered as an Umbrella Body with AccessNI to make applications for standard and enhanced disclosures for new staff and on behalf of other domiciliary care organisations or individuals who are eligible for disclosure but do not wish to register with AccessNI.

Garda Vetting: Extra Care is registered with the Garda Central Vetting Unit for the provision of Garda Vetting Services. Extra Care acts as a lead partner, to process vetting applications, in the Voluntary Garda Vetting Network initiated by the Disability Federation of Ireland.

Training Room / Conference Facilities: Fully equipped training and conference facilities are also available to hire in Ballymena, Downpatrick and Drogheda.

Contact Us

For more **information** or to **discuss** your requirements regarding customised training, please use the office contact details below or alternatively e-mail us or visit our website.

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