

# Cognition AND RECOVERY

SUPPORTING PEOPLE WITH MENTAL HEALTH CONDITIONS AND COGNITIVE DIFFICULTIES

## What are cognitive skills?

They are the underlying mental capabilities that enable us to:

think

plan



## How can cognitive difficulties affect people I support?

Cognitive problems affect many areas of a person's daily functioning and are a barrier to independent living. Some of the areas that cognitive functioning can affect include:

- Maintaining attention
- Making decisions
- Planning
- Problem solving
- Keeping a schedule
- Dealing with money
- Changing a routine
- Completing a new activity
- Memory

Research has identified that cognitive issues are often difficult to identify in people with mental health conditions. At times workers feel ill-equipped to support clients with cognitive challenges to improve general functioning and enhance decision-making capacity.

## Who is this course for?

This course is for frontline mental health workers and disability support workers who assist clients with mental health related cognitive functioning difficulties to better support people in terms of rehabilitation and access to the NDIS.

We encourage managers and team leaders to attend this training to provide an understanding of current practice issues and to support frontline workers and service response.

## How will this course help me?

This course will help you to understand how cognitive functioning affects a person's daily life. It combines the expertise of the community sector and occupational therapy, drawing on the latest research. The course content has been informed by consultation with consumers, carers and families, which investigated the knowledge, skills and training required to better support people living with cognitive functioning difficulties.

## After this course you will:

- **Work collaboratively with a person to support them to identify recovery goals and select tailored strategies that reflect their cognitive needs**
- **Apply adaptive principles that support the person to learn and adopt strategies for improved function**
- Understand the complex relationship between mental illness and cognitive function
- Understand the relationship between different 'lifestyle' factors and cognitive functioning
- Recognise when a person is experiencing cognitive challenges and how this may be impacting on their everyday functioning
- Recognise when a cognitive assessment may be required and initiate a request



## WANT TO BUILD ON THIS MODULE?

**SUPPORTED DECISION-MAKING: 1 DAY WORKSHOP**

WEDNESDAY 8 MARCH 2017

Further support people living with cognitive functioning difficulties to improve their decision-making skills and reach their goals.

We can customise this course for in-house training. Talk to us about your training needs today.  
[training@mhcc.org.au](mailto:training@mhcc.org.au) or 02 9555 8388 Ext 112

\$409 (MHCC Members)  
 \$498 (non-members)

Next Course: Tues 11 & Wed 12 April 2017

Course details may be subject to change.  
 Visit [www.mhcc.org.au](http://www.mhcc.org.au) for date and location information.

Please write clearly in CAPITAL LETTERS.  
Please forward your completed registration form to [training@mhcc.org.au](mailto:training@mhcc.org.au) or fax to 02 9810 8145

### WORKSHOP DETAILS

**Please register me for the following course:**

Workshop / Course Title	<input type="text"/>
Location	<input type="text"/>
Workshop Date(s)	<input type="text"/>

### CONTACT DETAILS

Full Name	<input type="text"/>		
	M <input type="checkbox"/>	F <input type="checkbox"/>	Other <input type="checkbox"/>
Job Title/ Position	<input type="text"/>		
Organisation / Employer	<input type="text"/>		
Address	<input type="text"/>		
	<input type="text"/>		
	State	Postcode	
Email	<input type="text"/>		
Tel (M)	<input type="text"/>	Tel (W)	<input type="text"/>

**Do you require any support or assistance during training, eg; disabled access, audio loop. If so, please specify.**

### MHCC TERMS & CONDITIONS

#### Refunds

Please choose workshops carefully. Once registrations are processed refunds can only be made when:

- A workshop is cancelled, or the date is changed by MHCC
- A written request is received 14 days prior to the workshop
- A medical certificate is provided in the event of illness or misadventure

All refunds will incur a \$35 administration fee except where a workshop has been cancelled by MHCC.

Full or partial non-attendance of registered participants will incur the full registration fee.

#### Transfer / Substitution

You can transfer to another workshop/date (of the same value) on one occasion, pending availability, by notifying MHCC in writing seven days prior to workshop commencing.

**Email:** [training@mhcc.org.au](mailto:training@mhcc.org.au) **Fax:** 02 9810-8145

Participant substitutions must be advised in writing five days prior to the workshop.

#### Workshop Cancellations

We make every attempt to ensure that workshops run. However, MHCC reserves the right to alter any arrangements, including cancellations if required. We will notify you of any cancellations and changes as soon as possible, usually this will be seven days prior to the workshop date.

MHCC is not responsible for travel-related costs that may be incurred as a result of cancellations.

In the event MHCC cancels a workshop, you can choose whether to transfer, on one occasion, to another workshop of the same value (pending availability) or receive a refund.

#### CONSENT

By completing and returning this form you are consenting to the collection of this information for the provision of training as well as accepting the MHCC terms and conditions outlined above. Please refer to the MHCC confidentiality and privacy policy at [www.mhcc.org.au](http://www.mhcc.org.au)

Signature	Date	/	/
<input type="text"/>			

#### How did you hear about this MHCC training?

<input type="checkbox"/> MHCC Website	<input type="checkbox"/> Email	<input type="checkbox"/> Attended other training
<input type="checkbox"/> MHCC Event	<input type="checkbox"/> Word of mouth	<input type="checkbox"/> I would like to receive more information about MHCC

### PAYMENT INFORMATION

ABN: 59 279 168 647

#### Payment Type

Visa <input type="checkbox"/> MC <input type="checkbox"/> Cheque <input type="checkbox"/> Invoice (Organisations only) <input type="checkbox"/>	Name of Org <input type="text"/> Org Address <input type="text"/> State Postcode <input type="text"/>
C/C number <input type="text"/> Expiry mm/yy <input type="text"/> <input type="text"/>	
Cardholder Name <input type="text"/>	Org email for Invoice <input type="text"/>
Signature <input type="text"/> Date / /	

Name of Org <input type="text"/> Org Address <input type="text"/> State Postcode <input type="text"/>
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**Org is currently an MHCC member?** Y  N

**Total Amount** \$

**PROMO CODE (if applicable)**

**For more information visit**  
[www.mhcc.org.au/learning-and-development](http://www.mhcc.org.au/learning-and-development)  
or phone 02 9555 8388 ext 106