



January 2026

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Caregiver Burnout	This training provides an overview of caregiver burnout including risk factors, signs/symptoms, treatment, and prevention strategies.	1/5/26	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
Communicating with the Nonverbal Individual	This training provides an overview of effective interpersonal communication, challenges experienced with nonverbal communication, and strategies to support individuals who are nonverbal.	1/8/26	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
The Fatal Five (Aspiration, Constipation, Dehydration, Seizures and Sepsis)	This training provides an overview of the conditions included in the fatal five, their causes, risk factors, complications, and treatments as well as preventative strategies.	1/20/26	2:00 p.m.- 4:00 p.m. (ET)	via Zoom
Depression with Seasonal Pattern	This training provides an overview of depression with seasonal patterns including causes, symptoms, treatments, and strategies for caregiving.	1/27/26	10:00 a.m.- 11:00 a.m. (ET)	via Zoom

To register please email Colleen Rafferty-- cmr@theadvocacyalliance.org



February 2026

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Compromised Skin Integrity	This training provides an overview of compromised skin integrity, including the role of the skin as an organ, risk factors for skin breakdown, the stages of breakdown, treatments, interventions, and barriers to healing.	2/2/26	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
Diabetes	This training provides an overview of diabetes, including long-term management strategies. This training features anatomy and physiology of diabetes, risk factors, signs and symptoms of diabetes, comparison of hypoglycemia with hyperglycemia, treatment, long-term management, and complications.	2/12/26	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Emergency Preparedness	This training provides an overview of emergency preparedness including types of situations that could turn into an emergency, steps to take during an emergency, and strategies to help you be prepared for a future emergency.	2/17/26	2:00 p.m.- 3:00 p.m. (ET)	via Zoom
Fetal Alcohol Spectrum Disorder (FASD)	This training provides an overview of FASD, including identification and diagnosis, strengths and difficulties that may be seen, as well as treatments and strategies for working with individuals with FASD.	2/23/26	10:00 a.m.- 11:00 a.m. (ET)	via Zoom

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March 2026

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
When to Seek Emergency Treatment	This training provides an overview of situations that require emergency medical treatment. A discussion on the role and importance of staff's ability to recognize and respond to emergencies as well as communicating properly with emergency responders.	3/2/26	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
Down Syndrome	This training provides an overview of Down Syndrome and ways to support individuals with Down Syndrome. This training features causes, risk factors, complications, and management strategies.	3/12/26	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Grief and Bereavement	This training provides an overview of bereavement and the grief process. This training features the stages of accepting death, how to break the bad news and ideas that can be used to assist adults with developmental disabilities experiencing the grief process.	3/17/26	2:00 p.m.- 3:00 p.m. (ET)	via Zoom
Bipolar Disorder	This training provides information on the types of bipolar disorders, depressive and manic symptoms, treatment options, and bipolar disorder in individuals with Intellectual Disability/Autism.	3/30/26	10:00 a.m.- 11:00 a.m. (ET)	via Zoom

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