



October 2025

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Metabolic Syndrome	This training provides an overview of Metabolic Syndrome including causes, risk factors, diagnostic tools, treatment options, and prevention strategies.	10/3/25	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
Aging and Intellectual/Developmental Disabilities (IDD)	This training provides an overview of healthy aging for individuals with IDD, including potential barriers to healthy aging and strategies to support individuals as they age.	10/9/25	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Autism and Sensory Integration	This training provides an overview of Autism, including an introduction to Autism, symptoms, characteristics, causes, theories, and treatment options, including information on sensory integration therapy.	10/14/25	2:00 p.m.- 3:00 p.m. (ET)	via Zoom
Hoarding Disorder	This training provides an overview of hoarding disorder, including the diagnostic criteria, symptoms, causes, treatment options, and the potential consequences for people with this disorder.	10/20/25	10:00 a.m.-11:00 a.m. (ET)	via Zoom

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



November 2025

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Pain Management	This training provides an overview of pain management including how to recognize pain in individuals with limited communication skills.	11/3/25	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
Cardiovascular Disease	This training provides an overview of the cardiovascular system and common cardiovascular diseases including causes, symptoms, risk factors, diagnostic and screening tests, treatment options, and prevention strategies.	11/13/25	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Fall Prevention and Osteoporosis	This training provides an overview on fall prevention specific to individuals with developmental disabilities and conditions, such as osteoporosis, that contribute to their increased risk of falls. This training provides information on risk factors and assessments, causes of falls and effective ways to prevent falls.	11/18/25	2:00 p.m.- 3:00 p.m. (ET)	via Zoom
Depression	This training provides an overview of depression, including causes, diagnosis, and therapeutic interventions as well as ways in which depression may present and be treated in the dually diagnosed population.	11/24/25	10:00 a.m.-11:00 a.m. (ET)	via Zoom

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December 2025

South Central PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Healthy Nutrition and Weight Management	This training provides information on the importance of healthy nutrition and weight management in disease prevention. The training includes components of healthy nutrition and healthy food choices.	12/1/25	1:00 p.m.- 2:00 p.m. (ET)	via Zoom
Routine Health Screening for Individuals with Developmental Disabilities	This training provides an overview of routine health screenings for individuals with developmental disabilities, including types of screenings, criteria for screenings, why screenings are performed, and accommodation and support strategies to help individuals complete these screenings.	12/11/25	10:00 a.m.- 11:00 a.m. (ET)	via Zoom
Obsessive Compulsive (OCD) and Related Disorders	This training provides an overview of OCD and related disorders, including signs and symptoms, causes, risk factors, complications, treatment, and ways to support individuals with these disorders.	12/15/25	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.	12/16/25	2:00 p.m.- 4:00 p.m. (ET)	via Zoom

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