

ACL Training Program

Course Syllabus

Course Title

Connecting with Our Neighbors with Intellectual Developmental Disabilities

Instructor Information

Instructor

Caitlin Looney, MACP

Contact

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Address

624 Coffman Street

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Course Learning

Description

We will explore an introductory survey of knowledge, practical skills, and vignettes that will help you to connect with, support, and recognize the contributions of people with intellectual developmental disabilities (IDD) in our community. We will discuss how to recognize various disabilities, how to utilize disability etiquette while building relationship, and learn skills from a conversational toolbox that aim to help you better communicate with and understand our neighbors with IDD. Further, we will investigate the critiques and endorsements of language models including Person First Language, Identity First Language, jargon, and euphemisms while learning about the rights movements promoting change and how these language models are perceived and affect the lives of people with IDD.

The material to be presented is based upon evidence-based research, in-depth interviews, and focus groups with people with (IDD) in our own community. The course will help participants to answer these questions:

- What is an Intellectual Developmental Disability?
- How do I interact respectfully with people with IDD?
- Where will I meet people with IDD - and how will I know that they have a disability?
- How has society shaped our view of IDD?
- How does society's view of disability affect people with IDD?
- Do I need special skills to interact with people with IDD?
- What resources are available in our community for people with IDD?

Learning Intentions

| Session | Topic |
|--------------------------|---|
| [1.1] Introduction | Course logistics + self care |
| [1.2] Tools of Respect | Basic interaction skills to help with discussion |
| [2.1] Overview: IDD | Differences and similarities between different disabilities |
| [2.2] Overview: Systems | Brief overview of IDD systems and services |
| [2.3] Overview: Identify | Skills to help know when you've met someone with an IDD |
| [3.0] Social Factors | Discussion of barriers people with IDD may face in society |
| [4.0] Skills & Vignettes | Practical application skills demonstrated through vignettes |
| [5.1] Resources | Overview of local resources |
| [5.2] Q&A | Opportunity for questions and scenarios |

Recommended Post-requisite (supplementary)

- [Frazzled & Weary: Strategies for Resilience](#)
- [Trauma-Informed Supports: Building Safe Spaces & Interventions for People with IDD](#)
- Law Enforcement and the Disability Community (Coming soon)

Course Format

Venue

All of our trainings are now provided remotely using **Zoom**. A link will be emailed from the instructor for all participants to use and share as needed. No account is needed to join Zoom as a participant. You may join from your computer using your browser or you can join from your device (this requires a Zoom app download).

Time

This course handles some rich topics that require laying a foundation of background information as well as discussion to help process and integrate the practical application of the concepts and skills learned. There are two options to choose from:

1. 75 -90 minute abbreviated survey of all topics.
While some groups may find this option necessary due to staff/member time constraints, it is not ideal. This abbreviated version does not allow for time for all topics to be discussed and does not include the Skills & Vignettes section. However, a Strategies handout will be available.
2. ***Recommended* Two 90 -105 minute consecutive sessions**
These two sessions can be provided on a schedule that works for your group (ie, once per week, once per month, once per quarter).

Materials

All course materials will be provided electronically using a **Google Drive** link. The link to access the presentation and related course materials will be emailed along with the Zoom link prior to the course. Additionally, the link to materials will be posted in the chat once the course has begun. A Google account is not needed to access these materials.

Additional Information and Resources

Suggested Reading

- *“Behaviour Self!”* by Dave Hingsburger

ACL’s Training Program

ACL’s training program is the evolution of our advocacy and community capacity building efforts. We have seen that our community is hungry for change and ready to take action. Training is one of our paths to change. Our trainings create a safe space for people to look inward, offer a viewpoint that plants compassion in their hearts, and energizes them to run out the door excited to reach for change in a community that welcomes our neighbors with disabilities.

The ACL provides low- and no-cost training courses for:

- **Self Advocates**
- **Organizations**
- **Community**

Learn more and access our full Training Catalog at www.aclboulder.org/our-training