



July 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
The Fatal Five	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.	7/1/2026	2pm – 4pm	via Zoom
Epilepsy/Seizures	This training provides an overview of Epilepsy and Seizures. This training features characteristics of different types of seizures, first aid, and emergency management.	7/7/2026	1pm – 2pm	via Zoom
Summer Safety	This training provides an overview of dehydration, heat exhaustion, heat stroke, risk factors for heat related illnesses, medication affecting heat regulation, drug induced photosensitivity, skin cancers, and allergic reactions.	7/9/2026	11am – 12pm	via Zoom
Behavior De-escalation	This training equips staff with skills to safely manage, prevent and reduce challenging behaviors using verbal and scenario-driven techniques.	7/14/2026	10am – 11am	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.	7/20/2026	2pm – 3pm	via Zoom
Polypharmacy	This training provides and definition and overview of Polypharmacy. Harmful side effects, complications, and preventative strategies will be discussed.	7/29/2026	11am – 12pm	via Zoom

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



August 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Person Centered Planning and Individual Rights	This training provides an overview of Person Centered Planning, including a discussion of self-determination, choice and individualized support.	8/6/2026	10am – 11am	via Zoom
Prader-Willi Syndrome	This training providers a medical/genetic overview of Prader Willi Syndrome. Behavioral strategies, food security, and environmental issues will be addressed.	8/12/2026	10am – 11am	via Zoom
Lyme Disease	This training provides an overview of Lyme disease including causes, symptoms, risk factors, diagnostic and screening tests, treatment options, and prevention strategies.	8/13/2026	11am – 12pm	via Zoom
Effective Communication for Caregivers	This training provides an overview of effective listening, comprehensive preparation for health care appointments, and effective communication with health care providers.	8/18/2026	1pm – 2pm	via Zoom
The Fatal Five	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.	8/20/2026	10am – 12pm	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.	8/26/2026	1pm – 2pm	via Zoom

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September 2026

Eastern PA Health Care Quality Unit Training Syllabus

TITLE	DESCRIPTION	DATE	TIME	LOCATION
Alzheimer's Disease	This training provides an overview of Alzheimer's Disease, including the different types, potential causes, signs and symptoms, treatment options, as well as support and safety strategies.	9/9/2026	10am – 11am	via Zoom
Dysphagia (Choking/Aspiration)	This training provides caregivers and support staff with the knowledge and skills to recognize, prevent, and respond effectively to choking and aspiration incidents, which are significant risks for people with swallowing difficulties, developmental disabilities, or certain medical conditions	9/15/2026	10am – 11am	via Zoom
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.	9/16/2026	1pm – 2pm	via Zoom
Recognizing and Reporting Abuse	This training provides a clear overview of how abuse, neglect, and exploitation are defined under Pennsylvania's Office of Developmental Programs and Adult Protective Services. Participants will learn the most common physical, behavioral, and situational warning signs based on state guidance.	9/22/2026	10am – 11am	via Zoom
Caregiver Sensitivity	This training provides information on sensitivity as it pertains to caregivers working with individuals with developmental disabilities. This training highlight types of abuse, dynamics of an abusive relationship, and caregiver's role in detecting and reporting abuse.	9/23/2026	10am – 11am	via Zoom
The Fatal Five	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.	9/30/2026	10am – 12pm	via Zoom

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