

# Essential Skills for NDIS Support Workers

## 1-Day Training Program

Are you a NDIS support worker looking to enhance your skills and confidence in providing high-quality care? Our one-day training program is designed to equip you with the essential skills and knowledge required to work effectively and safely in the disability support sector.

## What You'll Learn:

This comprehensive training session covers key areas of support work, ensuring you are well-prepared to meet client needs while maintaining professional standards.

### Personal Care Skills

- Dressing, undressing, and grooming
- Eating and drinking using required mealtime assistance techniques and equipment
- Ensuring clients have physical access to mealtime support
- Oral hygiene
- Showering, toileting, and the use of continence aids

### Workplace Documentation & Professionalism

- Writing progress reports and documentation
- Understanding privacy and confidentiality
- Client consent and when to report changes in a client's condition
- Work role limitations and professional boundaries

### Client Rights & Responsibilities

- Dignity of risk and duty of care
- Supporting client choice while maintaining safety

### Health Monitoring & Assistance

- Measuring blood pressure, pulse, and oxygen saturation levels
- Assisting a person to take pre-packaged medication
- Diabetes management through diet
- Fluid restriction management

### Safe Mobility & Infection Control

- Assisting a person with safe care transfers
- Best practices for infection control to maintain a hygienic and safe environment

## Who Should Attend?

This training is ideal for new and existing NDIS support workers who want to gain or refresh essential skills required in their role. No prior experience necessary, just a commitment to delivering compassionate and effective support.

## Why Choose This Training?

- Gain practical, hands-on skills from industry experts
- Enhance your employability and confidence in providing quality care
- Receive a certificate of completion

## Details:

### Dates

 Thursday, March 5, 2026

### Time

 8.30 am to 5.00 pm

### Cost

 \$180 + GST per person

### Location

 ET Australia, 125 Donnison Street, Gosford

RTO ID 90084

## Contact Us

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