



**OLIVER MCGOWAN  
MANDATORY TRAINING  
ON LEARNING DISABILITY  
AND AUTISM**

**( Health Education England Approved )**



**OLIVER'S  
CAMPAIGN**



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# Oliver's Story

Oliver was born prematurely and developed bacterial meningitis at three weeks old, resulting in cerebral palsy, epilepsy, and autism. Despite his disabilities, Oliver was a natural leader, an accomplished athlete, and a kind and friendly person. He attended National Star College, where his teachers spoke highly of him. Oliver used to bring joy and inspiration to everyone's lives with his positive attitude and sense of humour.

Even after facing challenges from an early age, he showed determination and talent in sports. His journey took a distressful turn with seizures, involuntary hospitalizations, and negative effects from antipsychotic medication.

In April 2015, Oliver faced hospitalisation with partial seizures, receiving antipsychotic medication causing distressing side effects. Despite being moved to a specialist adult hospital, he experienced restraint, further medication, and lack of privacy. Transferred to a Psychiatric Intensive Care unit, specialists recognised he didn't need detention, removing antipsychotic medication.

In October 2015, Oliver's health deteriorated due to antipsychotic medication in a general hospital, leading to critical illness. A suspected life-threatening reaction resulted in a week on life support, tragically leading to his death on November 01, 2016, at the age of 18.

Oliver's story underscores the importance of proper diagnosis, personalised care, and respectful treatment for those with complex conditions. It urges improved understanding and support for individuals with learning disabilities, autism, and mental health challenges. Let Oliver's experience guide us towards a future where every individual receives deserving care, free from unnecessary harm.



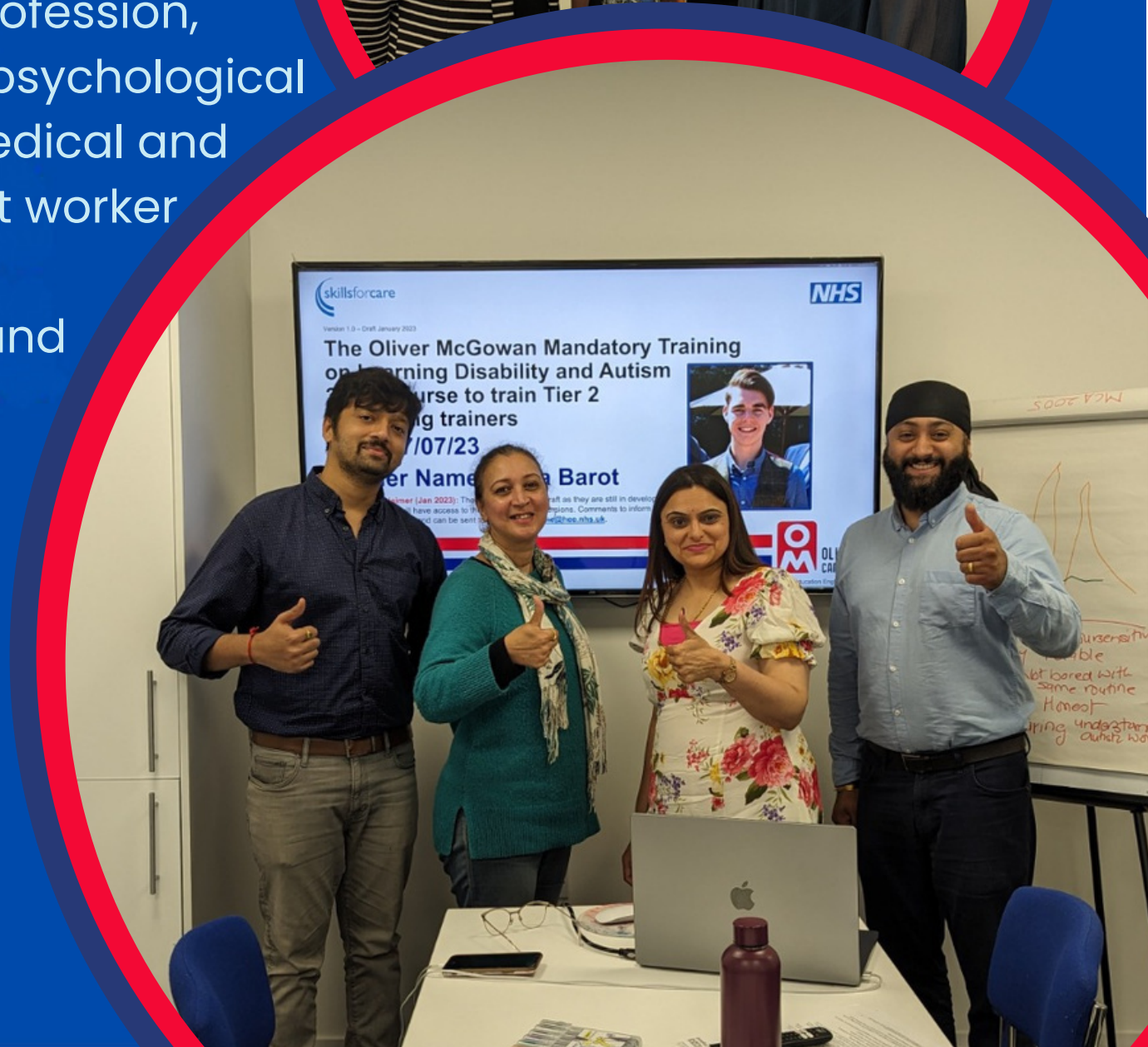
# Oliver McGowan Mandatory Training

Oliver's training is named after Oliver McGowan, whose tragic death shone a light on the need for health and social care staff to have better training.

The Government has introduced a requirement for Care Quality Commission (CQC) registered service providers to ensure their employees receive learning disability and autism training appropriate to their role. This is to ensure the health and social care workforce has the right skills and knowledge to provide safe, compassionate and informed care to autistic people and people with a learning disability. This requirement is set out in the Health and Care Act 2022.

The Oliver McGowan Mandatory Training on Learning Disability and Autism is the government's preferred and recommended training for health and social care staff. It was co-produced and trialled and independently evaluated in order to provide good practice training on learning disability and autism. Employers using The Oliver McGowan Mandatory Training on Learning Disability and Autism can have confidence that this training is recognised by national bodies advising on standards for the sector.

This training is ideal for all staff working within the health and social care sector, all CQC registered service providers and the following workforces: nursing, allied health profession, dental and oral health, pharmacy, psychological professions, healthcare science, medical and medical associates, clinical support worker and carers, social workers, board members and executives, estates and facilities, corporate, administrative and clerical workforce, volunteers, students and trainees.



# Training Structure

**The Oliver McGowan Mandatory Training** is standardised and to complete it, for Tier 2, individuals must complete a two-part training programme as detailed below. The mandatory, free eLearning course must be completed by everyone and is only the first part of the training - for Tier 2 there is a second part of training to complete



# TIER - 1

Tier 1 offers a brief session to increase awareness about supporting individuals with autism and learning disabilities. It's for staff not directly working with patients or involved in decision-making.

## **PART 1**

Complete the free eLearning course on elfh. If you are NHS healthcare staff, you can access this via the ESR.

## **PART 2**

Attend a 60 Minute Interactive online webinar

# TIER 1

## Learning Outcomes

- Speak with a person with a learning disability and an autistic person
- Thought about information that is wrong within society, about people with a learning disability and autistic people
- Listened to examples about how a disability or difficulty, cannot always be seen
- Understood that everyone is different and has different needs
- Explained the importance of not making assumptions about what people need
- Talked about types of reasonable adjustment

## Key Information

**Duration:** 1 hour

**Maximum delegates:** 30

**Delivery style:** Webinar

**Delivery team:** HEE Approved Trio

# TIER 2

Tier 2 offers crucial training for health and social care staff serving individuals with learning disabilities or autism. It's relevant to all involved in their care, regardless of involvement frequency. The training, split into two parts, involves decision-making responsibilities and is delivered in an interactive one-day session.

## PART 1

One day face-to-face interactive session. Delivered in two parts:

1. First part: Understanding Learning Disability
2. Second part: Understanding Autism

## PART 2

Attend a 6-hour classroom course

Following initial trials, evaluations clearly showed the importance and benefit of including people with lived experience in the training. As such, both the 90 minute online training and the 6-hour classroom course will be delivered by a trio of trainers. An experienced subject matter trainer will lead delivery, supported by a person who is autistic and a person with a learning disability, known as experts by experience.



# TIER 2

## Learning Outcomes

- Avoiding diagnostic overshadowing
- Frequently co-occurring conditions (comorbidities)
- The laws: Mental Capacity Act, Human Rights Act, Autism Act
- Reasonable Adjustments including Hospital Passports
- Culture (professional bias and subconscious beliefs); professional behaviour and impact on outcomes and other people's behaviour
- How to communicate in accessible ways
- How to understand what the person (and their family) is saying
- ~~Asking for~~ Learning from LeDer
- Annual health checks

## Key Information

**Duration :** 6 hours

**Maximum delegates:** 15

**Delivery style:** Classroom

**Delivery team:** HEE Approved Trio

# Train the Trainer

Embark on a transformative journey as a 'Train the Trainer' specialist, entrusted with delivering The Oliver McGowan Mandatory Training on Learning Disability and Autism.

Your pivotal role involves fostering an inclusive learning environment, guiding expert co-trainers with lived experience, and championing exemplary conduct. From facilitating engaging sessions to ensuring comprehensive learning outcomes, you'll uphold best practices in health and social care. Embodying values of empathy, integrity, and respect, you'll empower individuals, including those with learning disabilities and autism, to thrive. Join us in shaping a more inclusive society, where every voice is heard and valued.

## TIER 1

**Duration:** 4 hours

**Maximum delegates:** 9 delegates must be trained in trios of two experts and a trainer

**Delivery style:** Webinar

**Delivery team:** HEE Trained Lead Trainer and EWLE

## TIER 2

**Duration:** 2 days

**Maximum delegates:** 5 Delegates can be trained without their trio

**Delivery style:** Classroom

**Delivery team:** HEE Trained Lead Trainer and EWLE

## Training Experts With Lived Experience (EWLE)- Autism and Learning Disability

**Duration:** 4 days

**Time Duration:** 10am-2pm

**Maximum delegates:** 5 Delegates can be trained without their trio

**Delivery style:** Classroom

**Delivery team:** HEE Trained Lead Trainer and EWLE

**Take the next step in providing quality care and support for individuals with learning disabilities or autism. Join Tier 2 of the Oliver McGowan Mandatory Training program and equip yourself with the necessary knowledge and skills to make a positive difference in the lives of those you serve.**

# Meet Our Team



## Pooja Barot

( Director & Lead trainer )

I have been a Training and Care provider for over ten years. I have been working to find innovative ways to bring mental health awareness. We are making sure that this training is accessible to everyone and hoping for it to bring the much needed change in the Health and Social Care Industry.



## Manpreet Panesar

( Facilitator )

I've been working in the Health and Social Care industry for the last 12 years, I have been in care management for 5 years. I have a passion and drive in changing the way we care for service users with a Learning disability and Autism. My drive is to change the approach we all have in tending to such service users, and I plan to start with delivering The Oliver McGowan Mandatory Training.



## Arjun Rakesh

( Facilitator )

I'm Arjun, an experienced Health and Social Care professional. I manage an excellent team at Shreeji Care. I'm also a motivated Facilitator with solid expertise working with autistic children and people with learning disabilities. I'm competent at taking a project from concept to reality.



## Megan Callen

( Expert with Lived Experience )

I am an autistic adult who also has a learning disability. I am level 3 qualified in graphic design and childcare. I am part of a disability football team. Shreeji has helped me to use my communication skills to help make changes in the health and social care field.



## Bradley Price

( Expert with Lived Experience )

Hello, my name is Bradley Price. I like going swimming and to bingo with my mum and my friends. I enjoy watching Love Island and I support Manchester United. Since I have done the Oliver McGowan training, I feel that I can make people aware of what it's like to live with a learning disability.



## Anand Wason

( Expert with Lived Experience )

I'm Anand Wason. I like sports and communicating with people. I love playing around with colours on canvas and learning more things. Through this training, I want to make people aware of the struggles people with Learning Disability face.



## Sonitra Sue Singh

( Facilitator )

I have been a registered nurse for over 40 years working in the Healthcare Industry. I have been a nurse educator for many years. I am invested in compassionate care and well-being and would like to bring about change as a facilitator.



## Solomon Yousef

( Expert with lived Experience )

I am Soloman Yousef. I attend college in Barking two days a week, continuously striving to expand my knowledge and skills. In addition to English, I am proficient in Panjabi, Urdu, and French. I enjoy listening to Punjabi music.



## Connor Hurley

( Expert with lived Experience )

I am Connor Hurley an expert with lived experience and I have also been working in the Television and film industry. Having completed university, I started working freelance, doing work for local councils and on other creative projects.