

Exercise

Individual work

Imagine you have won the most amazing six-month trip of a lifetime to a remote island in the Caribbean, all expenses paid plus all the spending money you desire.

Unfortunately (as with everything) there is a catch!

Over a three week period, you have to learn a sufficient amount of the local language and develop some IT skills to help the islanders set up a website to help them attract more tourists to their island. You will receive training by a team of five different professionals to help develop the skills and language you need, but if you do not get up to speed another contestant will be chosen. Each week your performance is evaluated and you are given feedback during a meeting with the professional team on how well you are doing in achieving set goals.

All feedback sessions are conducted in the local language you are learning, as is the written summary of the meeting. Write down:

- **What you might be feeling?**
- **Would you have any worries or concerns?**
- **Try to think of a situation where you have done something new that is personally very challenging. What helped you in that situation?**

Now imagine that you are starting to feel very criticised by two of the professionals training you. You cannot seem to do anything right in their sessions and they continue to ask you to learn something new each session. You would like to spend a couple of sessions covering what you have already learned to improve your confidence, however they have indicated that they would see this as lacking in motivation. You disagree with their assessment as you think you have made a lot of progress. You raise this at the end of week two-review meeting, but comments are made that you do not understand either in the meeting or the written summary. What does seem clear is that if you do not achieve what the two professionals want, your trip of a lifetime may be jeopardy.

- **How do you think you may be feeling now?**
- **How could you approach the situation constructively?**

Continued ↴

further

Impact of learning
disabilities on
parenting capacity

E10

Exercise

Group work

Now imagine that you are working with a parent with a learning disability, who has been identified as potentially not meeting the needs of their children. There is a possibility that if they do not improve their care and develop new parenting skills, the children may be looked after and placed in foster care.

As a worker involved in assessing and evaluating change in the family, consider:

- **What the parent may be feeling?**
- **What barriers could there be for the parent in understanding information about concerns?**
- **What barriers could there be in developing new skills?**
- **Taking into consideration their intellectual disability what specific supports could you give the parent to help over come these barriers?**

further

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E10²