

Module Specification

Module Summary Information

1	Module Title	Autism and Mental Health
2	Module Credits	20
3	Module Level	5
4	Module Code	HSC5094

5	Module Overview
<p>Rationale</p> <p>This module has been designed to help you develop skills to meet the needs of people with learning disabilities, especially those diagnosed as being within the autistic spectrum. Autism is a spectrum of conditions characterised by social, communicative, sensory-motor and cognitive difficulties. The social and psychological consequences can be profound. Autism is a very much misunderstood condition that affects around 1% of the world's population. Within the UK that amounts to 600,000 people, given a current UK population of around 60 million. If one takes into account the families of those on the spectrum, this figure of 600,000 is likely to become closer to 2.5 million. Consequently, many health and social care professionals are likely to engage with and provide support and care to those on the autism spectrum and their families in a wide range of community and hospital settings.</p> <p>The aim of this module is to enable you to develop an understanding of stress and its impact on the lives of people who have this condition within the context of mental health. The thread of this module is that practitioners (you) understand the impact of your own responses and behaviours on the individual who is experiencing stress and mental health issues such as depression as a result of their autism.</p> <p>This module encourages you to develop a deep understanding of autism and mental health through reflection on your practice, professional and personal growth. During the module you will be encouraged to develop a deeper understanding of autism, how those on the spectrum experience mental health and stress and how you can make a positive difference through how you engage and interact with those on the spectrum and their families. The teaching and learning approaches are designed to maximise the benefits of sharing knowledge and expertise in the classroom. Lecturers will facilitate the integration of theory and practice throughout the module. You will also be encouraged to use information technologies as potential sources of knowledge and learning. This module is designed to support you in your role working with individuals who are on the autism spectrum and to give you the knowledge to support you in helping them have a 'good day'.</p> <p>Alignment with Philosophy and Aims</p> <p>The Foundation Degree Health and Social Care programme is committed to developing workers who will be compassionate, caring, knowledgeable and productive members of inter-professional teams, with the ability to be adaptable and flexible in order to respond to the ever changing needs and priorities of the services we support.</p> <p>During this module you will develop the role related knowledge and skills required to support your individual working roles and therefore benefit your service users. You will develop into an individual that can influence the quality of care delivered and disseminate good practice within your organisation.</p>	

Learning and Teaching Strategy

This module is a full time work based learning module. The module will be delivered using a blended learning approach as well as providing the opportunity for independent study.

Tutorials will be provided to discuss topics in more detail with small groups or individuals.

Assessment Strategy

This module comprises of one summative assessment and continuous formative assessment in the workplace.

6 Indicative Content

This section covers indicative subject matter only.

Revisiting core features of autism ; past and current thinking on autism; what is mental health; what is stress; stress management techniques

7 Module Learning Outcomes

On successful completion of the module, students will be able to:

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| 1 | Analyse past and current thinking in the understanding and management of autism spectrum conditions within the context of mental health. |
| 2 | Analyse the links between autism spectrum conditions, mental health and stress. |
| 3 | Apply mental health management techniques for a service user with autism. |

8 Module Assessment

Learning Outcome	Coursework	Exam	In-Person
1,2,3		Exam	

9 Breakdown Learning and Teaching Activities

Learning Activities	Hours
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	27
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	161
Private Study (PS) includes preparation for exams	12
Total Study Hours:	200