

EXCEL TRAINING

Dr. Essa Al-Ahmad
Saudi Family Physician · Healthcare Educator & Trainer

COURSE SYLLABUS · SPECIAL NEEDS CARE

Caregiving for Adults and Adolescents with Special Needs

Person-centered, strengths-based care that builds independence and protects dignity.



FORMAT

5 focused modules

STYLE

Practical & hands-on

AWARD

Certificate of completion

ABOUT THIS COURSE

Course Description

This course prepares caregivers to support adolescents and adults living with intellectual, developmental, and physical disabilities. It focuses on person-centered, strengths-based care that protects dignity and builds independence.

Caregivers learn to communicate effectively, support daily living and life skills, respond to behavior and sensory needs with patience, and keep the person safe — including how to recognize and respond to emergencies.

Who This Course Is For

Family caregivers — Parents and relatives caring for an adolescent or adult with special needs.

Direct support professionals & aides — Frontline staff in homes, day programs, and group settings.

School & community care staff — Teams supporting special-needs individuals across settings.

What You Will Learn

1. Describe common intellectual, developmental, and physical disabilities and a strengths-based approach.
2. Adapt communication to each person's abilities to build trust and reduce frustration.
3. Support daily living, routines, and life skills while encouraging independence and dignity.
4. Interpret behavior as communication and respond to sensory needs with positive support.
5. Keep the person safe, monitor health, and respond appropriately in an emergency.

Course Modules

MODULE 01

Understanding Special Needs & Person-Centered Care

Introduces common intellectual, developmental, and physical disabilities and a strengths-based, person-centered approach that protects dignity and independence.

MODULE 02

Communication & Building Trust

Teaches caregivers to adapt communication to each person's abilities, using patience, consistency, and respect to build trust and reduce frustration.

MODULE 03

Supporting Daily Living & Independence

Practical support for personal care, routines, and life skills — helping the person do as much as they can for themselves while staying safe.

MODULE 04

Behavior, Sensory Needs & Positive Support

Helps caregivers read behavior as communication, understand sensory sensitivities, and use positive behavior support instead of control.

MODULE 05

Safety, Health Monitoring & Emergency Response

Covers preventing injury, monitoring day-to-day health, and responding correctly to emergencies such as seizures or sudden changes in condition.

About the Instructor



Dr. Essa Al-Ahmad

Saudi Family Physician · Healthcare Educator & Trainer

Dr. Essa Al-Ahmad is a Saudi family physician, healthcare transformation leader, educator, and investor in innovation, based in Al-Ahsa, Saudi Arabia. He earned his Bachelor of Medicine and Surgery from King Faisal University and completed his Family Medicine Diploma in 2015.

He spent more than five years in frontline patient care and chronic disease management, helping patients navigate complex, long-term conditions. He directed Al-Qurain Health Center (2016–2018) and Al-Shuqaiq Primary Health Care

Center (2018–2019), which achieved CBAHI accreditation under his leadership, and in 2019 was appointed Director of the Anti-Osteoporosis Program in Al-Ahsa.

Today he is a trainer of doctors and nurses and a passionate advocate for clinician wellbeing, teaching healthcare professionals to build sustainable careers and care for themselves with the same dedication they bring to their patients. He is a member of the Saudi Physicians' Association and sits on the Board of Directors of Alam Holding Company.

EDUCATION

MBBS, King Faisal University

Bachelor of Medicine & Surgery

QUALIFICATION

Family Medicine Diploma

Awarded 2015

EXPERIENCE

5+ years frontline care

Chronic-disease management

LEADERSHIP

3 health centers directed

One CBAHI-accredited

Testimonials

"[SAMPLE TESTIMONIAL — replace with a real quote.] The training was clear and practical. I left feeling far more confident caring for someone with special needs."

[Name]

Family caregiver

"[SAMPLE TESTIMONIAL — replace with a real quote.] Short modules that respected my time, taught by someone who has actually done the work. Highly recommended."

[Name]

Home health aide

"[SAMPLE TESTIMONIAL — replace with a real quote.] Exactly the kind of hands-on guidance our staff needed. The emergency-response section was especially valuable."

[Name]

Care team lead

Sample testimonials shown — to be replaced with verified learner quotes.

Bring this course to your team. Email training@dressalahmad.com or book a meeting to scope a custom program for your facility.