

Promoting Well-being and Independence in Older People's Care



Maximum Participants: 16

Duration: One Day

Timings: 09:30 – 16:30

Mike Phillips Training

Releasing potential through learning and development

Suitable for

All health and social care professionals who manage older people's care who wish to understand the policy framework and practical implications of promoting well-being and independence within their service.

- Day care staff
- Health care assistants
- Residential care staff
- Domiciliary care staff
- Nursing staff
- Team Leaders and Managers

Aim

To consider the concepts of well-being, choice and independence and how to promote these within older people's services. You will consider the policy and legislative context.

Learning Outcomes

By the end of the course, you will be able to:

- ✓ Be aware of policy and legislative context to providing services that promote well-being, choice and independence
- ✓ Explain principles such as well-being and ill-being, choice and independence and how these can be promoted through older people's services
- ✓ Identify how services can unintentionally create barriers to independence and how these can be overcome
- ✓ Define restraint and list the implications to using restraint
- ✓ Use a range of creative options as an alternative to restraint
- ✓ Develop an action plan for promoting these concepts in their service setting

You will also leave the course with:

- ✓ A sense of achievement
- ✓ A Personal Action Plan to take your learning further
- ✓ A toolkit of techniques and practical ideas for releasing your potential

Training Style

All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- ➔ Dementia: Balancing Rights, Choice and Risk
- ➔ Dementia: Leadership Skills to Inspire and Promote Quality Dementia Care (3 Days)
- ➔ Dementia: Person-centred Care Approaches
- ➔ Influencing and Persuading Skills
- ➔ Personalisation – Managers' Perspectives

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"A great day which helped us see that we can promote well-being despite pressures on time and resources."

I thoroughly recommend this course to others."

Course Participant

Augustinian Care

"This course has helped me realise how we can unintentionally 'disable' people by doing things for and to people, rather than support them to do as much as possible for themselves."

I feel more confident in knowing ways in which I can now enable people I work with."

Course Participant

Age UK

website

www.mikephillipstraining.co.uk

email

mike@mikephillipstraining.co.uk

phone

07949 826881