



Course Outline

Promoting Wellbeing and Independence in Older People's Care

Minimum and Maximum Learners: 06 - 16 Duration: One Day Timings: 10:00 – 16:30

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
- Domiciliary care staff
- Health care assistants
- Nursing staff
- Residential care staff
- Team Leaders and Managers
- Voluntary Sector Staff/Volunteers
- Housing Sector Staff

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:

- ✓ **Outline** the key 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 your service setting.

Benefits of Attending

- ✔ Feel confident and ready to put your learning into practice.
- ✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.
- ✔ Create a Personal Action Plan to apply your learning in your workplace.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*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: Normal Ageing, Brain Change and Dementia Awareness
- ➔ Dementia: Person-centred Care Approaches
- ➔ EDI: An Introduction to Equality, Diversity and Inclusion (Frontline Staff and Volunteers)
- ➔ Influencing and Persuading Skills
- ➔ Mental Health Awareness
- ➔ Personalisation – Managers' Perspectives

