

Understanding Personal Outcomes: Co-producing goals and care plans

This **2-day workshop** has been developed to help health, education and social care practitioners to focus their interventions on achieving person-centred well-being goals that are meaningful to the people who are asking for their help.

It is **Module II** of a four-day package. **Module I:** "Engaging in collaborative conversations" is a pre-requisite for this workshop.

It is suitable for practitioners from all professional groups working in Health, Education, Social care and related agencies.

LEARNING OUTCOMES: Participants be able to:

- Build on the skills acquired in Module I
- More accurately assess clients' readiness for change
- Sensitive and effectively communicate their assessment of readiness for change
- Formulate and negotiate realistic goals for the next phase of their involvement
- Help clients understand their part in achieving the intended outcome to ensure that they develop self-management skills
- Identify ways in which the client will evaluate their outcome
- Identify the steps required for achieving the required outcomes
- Write smart goals and evaluate the outcome.
- Implement a range of strategies to support application of learning in the workplace.

WORKSHOP OUTLINE: This workshop includes taught elements and group work **and requires participants to discuss their own case examples in small groups.** Broad areas covered include:

- Trans-theoretical model of change
- Assessment of health locus and avoidance of psychological dependency
- Solution-focussed goal-setting in partnership with clients
- The nature of evidence-based practice and methods of recording and tracking effectiveness
- Refresh SMART goal-setting skills to support evidence-based practice
- Preparation for discharge and handing over risk to support self-help

FACILITIES: These should be provided by the service/organisation commissioning the package and, for each workshop, should include:

- a large room (big enough for break-out groups)
- a data/powerpoint projector, screen and flipchart
- refreshments as appropriate
- photocopying of handouts

COSTS: (*Fee covers 2 day's tuition*)

For up to 30 participants (optimum)

£2,900+ £580 VAT = **£3,480** plus travel/accommodation expenses at cost plus VAT

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please E-mail us at: contact@careaims.com or Phone us on: 01360 660 072

