

How long is this course?

Four days

How much does this course cost?

UK costs

£2800 (£700 per day) excluding VAT, materials and expenses. Contact barbara@helensandersonassociates.co.uk for further information.

USA costs

\$4800 (\$1200 per day) excluding materials. Please contact amanda@helensandersonassociates.co.uk for further information.

Australia costs

\$6600 (\$1650 per day) (including GST) excluding materials. Please contact deb@helensandersonassociates.co.uk for further information.

Materials

UK - Essential Lifestyle Planning Manual by Michael Smull, Helen Sanderson et al available from www.inclusiononline.co.uk priced at £14.95

USA and Australia please contact amanda@helensandersonassociates.co.uk or deb@helensandersonassociates.co.uk

We can train between 18-20 people on this course.

Essential Lifestyle Planning Facilitator Training

The government's guidance on person centred planning requires organisations to provide training in a variety of person centred planning approaches. This training provides participants with an in depth working knowledge of Essential Lifestyle Planning. This is part of what is described in the guidance as the 'depth strategy'. This course is accredited by the international organisation 'The Learning Community for Person Centred Practices' led by Michael Smull, who co developed ELP in the USA.

What does this course cover?

This is a four day course delivered over a 10-12 week period. The first two days are designed to provide participants with competency in using the person centred thinking skills. Participants will learn about person centred thinking tools and exercises that they can take away, share with their colleagues and begin to use straight away. Participants will develop their own one page profile over these two days.

The further two days will introduce 5 more person centred thinking tools, a person centred review process and facilitating/coaching - showing how we can grow one page profiles into essential lifestyle plans through a variety of methods. Day 3 of the course will take place approximately four weeks later and is designed to support participants to be able to grow the one page profile into an essential lifestyle plan, coach others to contribute to it, facilitate a person centred review and develop an essential lifestyle plan with somebody they support.

Day 4 of the course will take place approximately six weeks later and is designed to support participants by reflecting on the work they have done since the last day and share ideas on keeping the plan 'live', ensuring it makes an ongoing difference to the person. Further person centred thinking tools will be introduced on this day, we also reflect on what great essential lifestyle plans feature.

Participants will be required to complete work in between training days.

Who is it for?

People who deliver services, families who want to plan with someone they know and care about, care managers, service co-ordinators, health professionals.

What will people know and be able to do as a result of attending this course?

- Understand what person centred planning is, how it differs from traditional styles of planning and what different planning tools there are.
- Be competent in the use of person centred thinking tools and able to coach others to use them.
- Understand how to grow an essential lifestyle plan through a variety of approaches and develop their own essential lifestyle plan.
- Understand what support people want before, during and after planning meetings.
- Know how to assess whether or not their plans meet the criteria for good plans and learn how to improve them.
- Be able to facilitate a person centred review meeting.
- Know different ways of implementing and reviewing plans, ensuring they stay 'live'.
- Know how essential lifestyle plans can link with support planning.