

## Target Audience

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Care and Support staff in a variety of settings, and Housing and Housing Support Teams who are providing direct care and support.

This course will explore and raise awareness of strengths-based approaches, what it is and how to ensure the people who need care and support are central to their own assessments and plans of care and support.

### This course is delivered using a range of methods and resources including:

- ◆ Face to Face tutor facilitation, questionnaires, videos and scenarios for breakout groups, questioning and participation and an end of session assessment.

### This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ Department of Health and Social Care - Strengths-based approach: Practice Framework and Practice Handbook

## Course Content

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- ◆ What is a strengths-based approach?
- ◆ Focusing on 'What's strong not what's wrong
- ◆ Building on an individual's strengths, abilities and independence
- ◆ Empowering people and their support networks to achieve hopes, aspirations and wishes
- ◆ The impact of using appropriate and respectful language
- ◆ Having open conversations
- ◆ Connecting with community networks, resources and assets

## Learning Outcomes

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### After attending this course, learners will be able to:

- ◆ Gained an understanding on the strengths-based approach and state what this is
- ◆ Gained an understanding of why strengths-based practice is essential and give an example of how this relates to the wellbeing of each individual person
- ◆ State the key principles of strengths-based practice
- ◆ List the key skills and interventions used in a strengths-based approach
- ◆ Give an example of how to implement strengths-based practice

**Duration: 6 Hours**