



Target Audience

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:

- ◆ Live tutor facilitation, questionnaires, interactive polls, 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

- ◆ 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

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