

# Essential Lifestyle Planning

Participants  
16  
Price Band  
A  
No of days  
4  
Extra Costs  
ELP for  
everyone book  
at £21 per copy

This four day course gives participants an opportunity to gain an understanding of the tools of person centred thinking and how these apply to Essential Lifestyle Planning.

## FEATURES

- A description of Essential Lifestyle Planning.
- Provides participants with the tools and learning to review plans.
- An opportunity to learn the skills to facilitate plans.
- An opportunity to practice these new techniques.

## LEARNING OUTCOMES

- Understand the values underpinning Person Centred Planning.
- Have an understanding of the Essential Lifestyle Planning process.
- Know how it feels to have elements of their own plan done by practicing using the tools on themselves.
- Be clear about the need for review and ongoing action planning.

## WHO IS THE COURSE FOR?

Personal assistants, support workers, team leaders, people who are supported, family

members, care managers, members of CLDTs, day support workers, managers.

## OUTLINE PROGRAMME

- An introduction to the person centred thinking tools.
- An opportunity to practice using the tools.
- What is Essential Lifestyle Planning and when should it be used?
- The importance of review and action planning.