#

# Supporting self-management: Combining health literacy and care planning

**Facilitator:**

**Date:**

**Venue:**

**Agenda**

|  |  |
| --- | --- |
| 9.00 | Karakia Welcome and housekeepingIntroductionsObjectives for the day  |
| 9.30 | What do you know about health literacyHealth literacy history and statisticsHealth literacy FrameworkHealth literacy demands  |
| 10.30 - 10.50  | Morning tea |
| 10.50 | Scaffolding and teachable momentsAsking good questions and listening |
| 11.30 | Three Step Model to build health literacy  |
| 12.30 - 1.00 | Lunch |
| 1.00 | Three Step Model (continued)  |
| 1.45 | Self-management and self-management support |
| 2.00 | Care planning |
| 2.30 - 2.50 | Afternoon tea |
| 2.50 | Mapping your care planning process for a LTC  |
| 4.00 | Action plans |
| 4.15 | Evaluation |
| 4.30 | Workshop ends |