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

**Facilitator:**

**Date:**

**Venue:**

**Agenda**

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| 9.00 | Karakia  Welcome and housekeeping  Introductions  Objectives for the day |
| 9.30 | What do you know about health literacy  Health literacy history and statistics  Health literacy Framework  Health literacy demands |
| 10.30 - 10.50 | Morning tea |
| 10.50 | Scaffolding and teachable moments  Asking 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 |