



Care Planning

Our Care Planning course is designed to equip carers with the necessary skills to create personalised care plans that prioritise the well-being and holistic health of the people they care for.

Led by our experienced trainers, sessions will include the discussion of various assessment techniques, the importance of interdisciplinary collaboration, goal setting, intervention strategies and evaluation methods. Participants will leave with the knowledge and skills to develop robust, evidence-based care plans that meet the diverse needs of patients from different age groups, backgrounds, and with varying health conditions.

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Learning Outcomes

- To understand what a care plan is and isn't
- To understand the principles of assessment
- To recognise the importance of a person centred approach
- To understand the principles of writing a care plan
- To recognise the values of implementing and evaluating

Course Content

Module 1: Understanding what is and what isn't a Care Plan:

- Learning the differences and understanding who a Care Plan is for and who it is written with.

Module 2: The Four Stages of Care Planning:

- Understanding the importance of the four stages of care planning; evaluation, assessment, planning and implementation. Learning how to gather comprehensive information about the patient's health status, including physical, psychological, social and environmental factors and establishing realistic goals and priorities.

Module 3: Writing your Care Plan:

- Learning how to be specific and to stick to facts rather than opinions. How to structure your plan to finish with an outcome, action point and steps to take.

Course Content

Module 4: Implementation of a care plan:

- Understanding how a care plan is put into action through coordinated interventions and treatments. Learn the importance of working collaboratively to execute the planned strategies while continuously monitoring the patient's progress and adjusting the care plan as needed. Understand how effective communication and interdisciplinary teamwork is essential to ensure seamless implementation and continuity of care.