

'I Got Life!'

A Person and Family Centred Approach to Self Managing Complex and Continuing Healthcare Needs

A 2-day Residential Workshop for Individuals, Families and Personal Assistants

Postural care is all about protecting your body shape. Postural care is very gentle - it isn't about stretching and exercises to change your shape. It can be used even if your body shape has changed already, so your age doesn't matter.

Learning to lie as straight as possible is really important. Sometimes all you need is a couple of towels and cushions but you do need information to help you to make choices.

Changes in body shape have a big impact on how comfortable we are, whether we can do certain things, the sort of equipment we need and of course how healthy we are.

Postural care needs to be reasonably constant day and night so individuals, their families and personal assistants are the only people who can make it happen. **They need to be in charge!**

Once they have the information most families and personal assistants are then able to use their vast experience and common sense to solve problems.

This course gives you the skills, knowledge and understanding to provide postural care safely and with confidence. It will empower you to work in true partnership with healthcare professionals.

Places are limited and we often have to turn people away. Priority is given to parents, family members, foster carers and personal assistants.

'I Got Life!' Course Information

Day 1 9.30am - 4.00pm	<ul style="list-style-type: none">• Welcome and Introductions• What is Person-Centred Postural Care?• How can we use pain profiling?• How and why does the body change shape?• What can we do to protect those we care for?
Day 2 9.30am - 3.00pm	<ul style="list-style-type: none">• Helping people to control their temperature, sometimes this is called thermal care• Understanding how to use night-time and sleep to protect body shape• Making plans - including postural care in your Person Centred Plan or Health Action Plan

Where?

The George Hotel in Lichfield, Staffordshire.

<http://www.thegeorgelichfield.co.uk/>

When?

Monday 18th and Tuesday 19th September 2006

Monday 27th and Tuesday 28th November 2006

Monday 29th and Tuesday 30th January 2007

How much?

To include...

2-day Postural Care Workshop

Overnight accommodation at The George (Sunday and Monday night)

Full breakfast, Carvery lunch and 3 course evening meal (everything except your tab at the bar!)

£495 per delegate.

For a booking form please contact Sarah Hill, 07729 552 626

or Sarahhill@posturalcareskills.com