

Bridges Open Workshops

An Introduction to Supporting Self-Management in Rehabilitation

Bridges is an evidence-based, individualised approach to self-management support in health and social care, based on self-efficacy principles. Bridges utilises unique self-management tools that are co-produced with patients and families.

Initial workshop	Thursday 25th January 2018, 09.00 for 09.30 start, finish 16.30
Follow-up workshop	Thursday 19th April 2018, 09.00 for 09.30 start, finish 13.00
Venue	St George's University of London, London SW17 0RE, room TBC (nearest tube Tooting Broadway, Northern Line)

Cost **£290 + VAT* per person; bring a colleague £260 + VAT* per person**
**Costs include both workshops, refreshments and lunch, 5 self-management books each and all learning resources*

Course aim

To enable participants to develop effective strategies to integrate best practice in self-management support for patients and families into everyday clinical practice.

Who is it for?

Practitioners in health, social care and the third sector, including nurses, social workers, allied health professionals, support staff, psychologists and doctors working in acute or community rehabilitation settings who work with individuals and families on a one-to one and/or group basis.

What does it involve?

- Bridges delivers **two-stage training** with approximately three months in between workshops. Attendance at both workshops is required for certification.
- At the initial workshop participants will receive **5 self-management books** to take away with them and use with **patients and families** in clinical practice. There is a choice of books for **stroke, traumatic brain injury and long-term neurological conditions**. These must be ordered at the time of booking (see separate booking form).
- The Bridges team can provide support for **implementation** of self-management strategies in between workshops and beyond.



Learning objectives

- Understand the key policies and research in relation to supporting living with a long-term condition, including but not limited to, stroke, brain injury, MS and Parkinson's disease.
- Appreciate the enablers and barriers to effective self-management in the long-term.
- Understand the theoretical and evidence-base to the Bridges approach to self-management support.
- Demonstrate practical methods of enhancing self-efficacy in individuals, thereby achieving greater control in their everyday lives.
- Demonstrate greater awareness of different communication styles with individuals and families and their impact on supporting self-management.
- Demonstrate ways of using the unique self-management tools with patients and families and across different clinical settings.
- Understand ways of involving family, friends and carers in supporting self-management.
- Develop strategies to evaluate and sustain self-management support in your practice.