

ENABLEMENT AWARENESS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This Enablement Awareness course introduces staff to the principles of enablement and how to apply them in everyday support. Delegates will explore active support, enabling relationships, and the importance of promoting independence, engagement, and self-determination. Through reflection and group discussion, participants will identify ways to integrate enablement into their practice while being aware of potential barriers. This session is ideal for care staff, support workers, and teams supporting individuals to live more independently.

Introduction

- Introduction and course overview

Course Programme

- What is enablement and where it applies
- Enabling relationships and person-centred support
- Recognising enablement in current practice
- Introduction to active support
- Qualities of enabling staff and building rapport
- Barriers to enablement and how to overcome them
- Reflective practice and implementation
- Summary, Q&A, and evaluation

Suitable for:

Care



"Supported self-management means increasing the knowledge, skills and confidence a person has in managing their own health and care." NHS