

# PROMOTING INDEPENDENCE

## Course Number

S1

## Validity

3 Years

## Duration

3 Hours

## Assessment

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**This half-day training session introduces participants to the principles and practices of promoting independence in personal care. Learners will explore how to uphold dignity, respect, and individual rights while reducing risks such as pressure sores. The session also covers legal and ethical considerations, including the Mental Capacity Act and equality, diversity, and inclusion. Ideal for care staff and support workers involved in personal care delivery.**

### Introduction

- Welcome and course overview

### Course Programme

- Principles of independence, dignity, and person-centred care
- Legal and ethical frameworks (including the Mental Capacity Act)
- Equality, diversity, and inclusion in care
- Managing risks: pressure sore prevention
- Supporting daily living activities with dignity
- Course reflections and close

### Suitable for:

Care



*"NICE guidelines emphasise promoting independence in care settings by focusing on individual strengths, building resilience, and fostering positive risk-taking."*