

Pre-conference «warm up» workshop 4

Workshop Leader	Prof. Richard Osborne, Deakin University, Australia
Date / Time	17.03.2014, 08:00 - 10.00 Uhr
Location / Ort	Congress Centre Basel
Limited to	25 participants
Language	EN (without translation)
Title	«Modern approaches to empowerment for the disempowered: optimising health literacy and self-management for all citizens»

Summary

Self-management and health literacy have been on the international agenda for over 30 years and are based upon a range of theories and practice. This workshop will explore modern approaches to understanding, measuring and delivering health literacy and self-management interventions not only for people who are well resourced and empowered, but for those who are marginalised and often disempowered.

Proposed Agenda

Time	Content
08:00-08:05	Introduction
08:05-08:30	What is empowerment and where does it fit with health literacy and self-management? Small group activity – reflection on the relationship between empowerment and health and how we can build them.
08:30-09:00	Co-creating health literacy and self-management – using health literacy to understand citizens from diverse populations. The Ophelia (OPTimising HEalth LIterAcy) approach for community level empowerment through embracing local wisdom.
09:0-09:15	Small group activity – co-creation of self-management interventions
09:15-09:30	Discussion – the importance of understanding the “starting point” and “where people are coming from” for individual empowerment and self-management interventions
09:30-09:50	Best practice in self-management support at the citizen, practitioner and organisational level. Structural approaches to ensure equity and empowerment are embedded in health services.
09.50-10.00	Summary and conclusions

Who should attend?

Health professionals, quality managers, health promotion specialists and decision-makers of health care service institutions, patient organization representatives and advocates

Prerequisite Knowledge

Enthusiasm and/or skepticism

If you participate in this workshop, you can expect to:

- Learn about the various definitions of empowerment, health literacy and self-management
- Understand modern approaches to engagement and co-creation with citizens, practitioners, managers and policy makers to build health literacy interventions based on local wisdom
- Gain skills in co-creation approaches and designing strategies that are effective and equitable within diverse groups/populations

Price

CHF 50

Key characteristics of «warm up» workshop

- The «warm up» workshops will provide a collaborative, active learning environment for the attendees of the Careum Congress 2014 / 2nd ENOPE conference. They will leave with skills, knowledge, or materials that they can use in their own practice or scholarship of training health professionals for self-management support.
- Workshop leaders will provide a background on the topic as well as an introduction and support an interactive dialogue in the workshop rather than a formal paper.
- Attendees of pre-conference «warm up» workshops must register for and attend at least one day of the conference. They also must pre-register for the workshops. A fee will be charged to cover expenses.
- Number of attendees per «warm up» workshops will be limited to facilitate an interactive dialogue amongst the participants.