

Health Literacy Awareness Workshop (half day)

Example session plan

This, together with the [Workshop Programme slides](#) is an example of a session plan that was developed and delivered by the delivery partner for the East Midlands Health Literacy Demonstrator site.

It is included in the health literacy toolkit as an example of a training session that could be adapted and delivered elsewhere by other suitably qualified and experienced individuals.

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Example session plan

Time	What	How	Resources
15 min	Welcome, introductions and setting the scene	<ul style="list-style-type: none"> Welcome and introductions Go through the course programme, aims and objectives on Slide 1 Remind participants to complete the evaluation form at the end of the session 	PP Slides 1-2 Evaluation form
45 min	Impacts of Health Literacy	<p>Talk through the definition of Health Literacy and key publications using PP slide 3.</p> <p>Show PP Slide 4 and demonstrate the extent of the problem.</p> <p>Show PP Slide 5. Do the practical activities:</p> <ul style="list-style-type: none"> Reading Activity Writing activity Numeracy Activity <p>Discuss how these activities felt and relate them back to Health Literacy.</p> <p>Talk through PP Slides 6-9 to demonstrate how these difficulties impact on people's ability to manage their health and wellbeing, along with what to look out for amongst participant's client groups to support them in identifying individuals with possible Health Literacy needs.</p> <p>Show PP Slide 10. Ask participants to discuss (in pairs) examples drawn from their own experience, of situations where Health Literacy has impacted on their own practice. Take feedback.</p>	PP Slides 3-5 Handouts and other resources developed by the trainer / course leader to support the activities PP Slides 6-9 PP Slides 10
15 min	The wider health context	Talk through PP Slides 11,12	PP Slides 11,12
15 min		BREAK	
30 min	Activity 1 – Simplifying Information	Show PP Slide 13 and discuss information design principles. Do Activity: Simplifying Information	PP Slide 13 Activity sheet prepared by trainer / course leader
15 min	Tips for making it easy	Talk through PP Slide 14 , outlining some tools and techniques they can use to make sure people understand the information they are being given.	PP Slide 14
20 min	Activity 2 – Using teach back	Show PP Slide 15 Give out Activity sheets: the Teach Back activity	PP Slide 15 Activity sheet prepared by trainer / course leader
10 min	What resources are available?	Give examples of resources that are available from PP Slide 16 Show PP Slide 17 , a final word from people with low Health Literacy	PP Slides 16,17
10 min	What will you do now?	Show PP Slide 18 and ask everyone to say: <ul style="list-style-type: none"> One thing they have learned today that they didn't know before; One thing they will change as a result of today. 	PP Slides 18
5 min	Close	Provide contact details for trainer / course leader as appropriate. Hand out evaluation forms	Evaluation forms