

Fact Sheet

Living Strong Facilitation Training Program

Healthier lifestyle for Aboriginal and Torres Strait Islander Adults

The Living Strong program is a group based healthy lifestyle program designed specifically for Aboriginal and Torres Strait Islander communities. The program is flexible and can be structured to suit local priorities.

The Living Strong (LS) program can include up to 12 workshops to cover the following topics:

The 12 modules include:

- Getting your Program Started
- Why Do People Get Too Heavy?
- Move More & Lose More
- What To Eat To Lose Weight
- Low Fat Cooking
- Buying Healthy Food
- Plan To Spend Your Money
- Shopping Tour
- Diabetes Awareness
- Self-esteem
- Don't Stop Now
- Screening Section

Who is the facilitator training for?

- Aboriginal and Torres Strait Islander Health Workers
- Health staff who work directly with Aboriginal and Torres Strait Islander people
- Community people who are well supported by local health agencies

Pre-Training requirements

Allocate time for workers to be absent from position for 4 days while at training.

Post-Training requirements

Support from management for implementation of the program.

Enrolment

Although there are no specific entry requirements for this training, it is recommended that applicants have the following quality to be successful in the course:

- Sound written and oral communication skills
- Current employment where they perform a training and/or assessment role

Enrolment application forms may be obtained by contacting the Client Support Officer at the Cunningham Centre. The course is offered subject to sufficient enrolment numbers. If enrolment is low the training may be cancelled and places offered to participants in the next scheduled training usually within the next 12 months.

Fees and Charges

There is no fee charged to attend this workshop. Each Qld Health Staff member will be issued with a LS Program Facilitator Manual on arrival at the training.

It will be necessary for your districts to pay for the following:-

- All Meals (Breakfast, Lunch, Dinner)
- Accommodation
- Travel if required



Learning and Assessment

The course will be delivered via a 4 day face-to-face workshop.

To meet the requirements of the course, you will undertake a presentation on the final day of the workshop.

Assessment methods for this course may include:

- Observation of delivery of performance
- Ability to use LS program resources
- Ability to engage participants in discussions
- Demonstrated confidence in speaking in front of a group, and
- Ability to apply practical activities in presentation.

Post workshop requirements:

- Support from management back in your community
- Delivery of at least one Living Strong program in your community
- Evaluation of at least one Living Strong program in your community

These methods may be used in combination in order to provide sufficient evidence to make a decision on a participants competency. All assessment items must be submitted by the date specified in the schedule.

Client Services

A range of client support services, including personal and career counselling, is available upon request to assist participants in meeting the outcomes of the course. The Client Support Officer is the first point of contact for clients wishing to access support services.

Access and Equity

The Cunningham Centre is committed to access and equity principles in the provision of this course. Clients who have concerns regarding barriers to successful participation in this course should discuss these with the Client Support Officer prior to enrolment. Such barriers may include cultural issues, language, literacy and numeracy, or disability. Language, literacy and numeracy assessment services can be arranged by the Client Support Officer.

Student Participation

Successful completion of a course requires commitment from both the Cunningham Centre and participants. The Cunningham Centre has policies and procedures in place for the management of client appeals, complaints and grievances, and client

Disclaimer

Queensland Health has made every effort to ensure this information is accurate. However Queensland Health accepts no responsibility for any errors, omissions or inaccuracies in respect of the information contained in this brochure. Further, Queensland Health accepts no responsibility to persons who may rely upon this information for whatever purpose.

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Further Information

Client Support Officer

Cunningham Centre

Private Mail Bag 2

Toowoomba Qld 4350

Phone: (07) 4616 5500

Facsimile: (07) 46 16 5555



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