



Training and Support for providers of SMRC (Stanford University) Self-Management Courses

A portfolio of organisational training and support that enables people living with long-term conditions to develop the necessary confidence and skills they need to live their lives to the full.

Why SMRC (Stanford) Self-Management Courses

- There is a growing body of evidence which shows that supporting people to effectively manage their long-term conditions has benefits for the individual and the healthcare system
- Supporting individuals to develop the knowledge, confidence and skills they need to manage their condition is a key component of the integrated whole systems approach to long-term conditions
- SMRC (Stanford) self-management programmes are the most evaluated evidence-based group skills interventions around
- They have been utilised across England and the UK over the past twenty years
- SMRC (Stanford) courses provide effective solutions for organisations and health economies seeking low cost, high impact patient skills training facilitating greater patient and public engagement through volunteer deliverers

Why Talking Health Taking Action

- Talking Health, Taking Action is a niche not-for-profit company that provides straightforward, impartial advice derived from their extensive experience of providing day-to-day support to those running and delivering SMRC (Stanford) programmes.
- They are the only organisation in England solely focussed on building self-management capacity in local communities
- They work with health and social care professionals to help them develop their professional practice and ability to support people living with long-term conditions to be involved in decisions about the care they receive.

The SMRC (Stanford) Self-Management Programmes

Training and support using the following SMRC (Stanford) interventions:

- The UK Chronic Disease Self-Management Course (CDSMC)
- The UK Chronic Disease Self-Management Course for Carers
- The UK Chronic Pain Self-Management Programme (CPSMP)
- The UK Diabetes Self-Management Programme for people living with type 2 Diabetes (DSMP)
- The UK Positive Self-Management Programme (PSMP)

Our Portfolio of Training and Support

Tutor Training (Ss2Q Compliant)

- We offer a training course for all prospective tutors to become deliverers of the six-week Chronic Disease Self-Management Course (CDSMC) and other SMRC (Stanford) programmes
- This course familiarises prospective tutors with the standardised manual, in addition to giving them an opportunity to develop and practice their delivery skills
- The tutor training is a four-day event, which can be offered over four consecutive days (with the option of a residential course), or the four days can be split into two parts.

Tutor Refresher Training

- A one-day training event for Tutors who want to refresh their facilitation strategies or for those that have not delivered a community course for over 12-months but wish to maintain their accreditation.

Assessor Training (Ss2Q Compliant)

- A two-day intensive training course that enables accredited and experienced tutors to assess other tutors delivering any of the Stanford self-management programmes
- This course helps potential Assessors develop and practice their assessing skills.

Lead Training (Ss2Q Compliant)

- A 10 hour completion course to support experienced deliverers/Assessors to become accredited Lead Trainers
- The course consolidates tutor's training to date and provides an opportunity for them to receive peer feedback on their practice
- Once accredited, Lead Trainers are able to train tutors to deliver the CDSMC.

Annual Supervision (Ss2Q Compliant)

- Under the Ss2Q quality assurance framework all Tutors, Assessors and Lead Trainers are required to attend annual supervision in order to maintain their accreditation
- We provide a one-day workshop offering a best practice quality check, guidance, peer review and skills update
- This workshop is facilitated by experienced T-Trainers / Lead Trainers.

Master Training (SMRC/Stanford Fidelity Compliant)

- We offer a training course for all prospective Stanford Leaders/Master Trainers to become deliverers of the six-week Chronic Disease Self-Management Course (CDSMC) and other Stanford programmes
- This course familiarises prospective tutors with the standardised manual, in addition to giving them an opportunity to develop and practice their delivery skills
- The tutor training is a four and half day event, which can be offered over four consecutive days (with the option of a residential course), or the four days can be split into two parts.

Planning and Co-ordination of Community Courses

- We can manage all or any aspects of your programme. This includes, volunteer management, course planning, promotion, business planning, monitoring and evaluation and gaining QISMET Certification.

Stanford Information and Support Service (SISS)

- A subscription based advisory service for providers of Stanford University Self-management Programmes offering access to information, support and advice from the UK's leading practitioners and thinkers in the field of self-management.