**New interactive self care learning resource helps social care staff to promote independence to those that they support**

Self care is about individuals, families and communities taking more responsibility for their own health and wellbeing and coping with the difficulties they face. Seven self care principles published by Skills for Care in partnership with Skills for Health in 2008, describe how health and social care workers can support and encourage this.***Enabling person-centred support and care – Supporting people with self care and reablement*** is a new interactive learning resource developed by Skills for Care which helps staff to put into practice these principles to support the people they support to be more independent.

The resource follows six characters that have a range of social care support needs, going about their everyday lives. Five modules, which cover all of the self care principles and many of the knowledge learning outcomes of the mandatory units in the level two diploma, encourages learners to apply the principles to their own roles and reflect on how they can promote self care.

The learning resource allows employers to use it flexibly to meet their staff’s training needs as it can be used by individuals or with a group of people. Its modular format allows it to be completed at times convenient to the employer and their staff. Exercises are provided in each module as well as the chance for staff to reflect on what they have learnt, especially in relation to their own job. Each module signposts to other organisations and resources, making this is a ‘one-stop shop’ for self care information.

The first module ofthe learning resourceis being launched during Self Care Week 2012 (12-18 November 2012) which aims to help people take care of themselves, and lets them know what’s available to help them look after their health.

For further information visit [www.skillsforcare.org.uk/selfcare](http://www.skillsforcare.org.uk/selfcare)