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| Lesson 1The importance of a person-centred approach[Component 3, C1, Health and well-being improvement plans] | Lesson 2Recommended actions to improve health and well-being[Component 3, C1, Health and well-being improvement plans] | Lesson 3Short- and long-term targets[Component 3, C1, Health and well-being improvement plans] | Lesson 4Sources of support[Component 3, C1, Health and well-being improvement plans | Lesson 5Potential obstacles to implementing plans[Component 3, C2, Obstacles to implementing plans] |
| Lesson 6Emotional/psychological obstacles[Component 3, C2, Obstacles to implementing plans] | Lesson 7Time constraints[Component 3, C2, Obstacles to implementing plans] | Lesson 8Availability of resources[Component 3, C2, Obstacles to implementing plans] | Lesson 9Unachievable targets[Component 3, C2, Obstacles to implementing plans | Lesson 10Lack of support[Component 3, C2, Obstacles to implementing plans |
| Lesson 11Barriers to accessing identified services[Component 3, C2, Obstacles to implementing plans] | Lesson 12Component 3: assessment practicePreparation for assessment[Component 3, C1 and C2, Person-centred health and well-being improvement plan]End of learning aim | Lesson 13Preparation for assessment: practice SAM questions [Component 3, C1 and C2, Person-centred health and well-being improvement plan]End of learning aim | Lesson 14Sessions 14-18 to be used to complete the final supervised assessment | Lesson 15 |