

**Health Literacy Workshop Agenda**

Version Date: 29 October 2018

[Insert Location]

[Date]

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| Time\* | Activity |
| 8:30 | Welcome |
| 8:40 | Introduction to Health Literacy* Describe experiences of a person with low health literacy.
* Define health literacy.
* State prevalence of low health literacy.
* Describe components of health literacy.
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| 9:00 | The Overall Approach to Health Literacy: Universal Precautions* Describe factors that contribute to low health literacy.
* State reasons for Universal Precautions in Health Literacy.
* Describe ways to create a shame-free environment.
* Describe the key learner.
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| 10:00 | BREAK |
| 10:15 | Health Literacy Skills* Use plain language principles for written and oral communication.
* Describe a simple approach to usability testing.
* Demonstrate effective methods to use printed materials in practice
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| 12:00 | LUNCH |
| 12:30(note: two 10 minute breaks will occur during the afternoon) | Health Literacy Skills (cont.)* Define teach-back.
* Describe the evidence for using teach-back.
* Demonstrate teach-back
* Demonstrate ask-tell-ask
* Describe tips for using an interpreter.
* Describe contribution of understanding to medication adherence.
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| 3:30 | Health Literacy strategies* Describe assessment of a health literate organization
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| 4:00 | Health Literacy in the community* Consider approaches to address health literacy across a community
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| 4:15 | Next steps, closing, feedback |
| 4:30 | Adjourn |

\* Times and topics (except for breaks) subject to change based on needs of the group

Videos

Bobby McFerrin demonstrates the pentatonic scale

<http://www.youtube.com/watch?v=ne6tB2KiZuk>

American Medical Association: Help Your Patients Understand

<http://www.youtube.com/watch?v=cGtTZ_vxjyA>

What is self-managing?

<https://youtu.be/uRQ853sRt0o>

This is Bad Enough

<https://www.youtube.com/watch?v=R3tJ-MXqPmk>

Who is Mark Twain?

<http://www.youtube.com/watch?v=JpKBEWo-UrI>

The Power of Words

<https://www.youtube.com/watch?v=QYcXTlGLUgE>

Teach-back Example

<https://youtu.be/d702HIZfVWs>

Dee Westry, Speed Painter

<https://www.youtube.com/watch?v=k8AkjWQ3P-M>

Ask-Tell-Ask examples:

<https://vimeo.com/85555368>

<https://youtu.be/Bwq0qAFRct8>

<https://youtu.be/77-hRQETxzU>

Example of a video for the public from the Kelty Centre

<https://www.youtube.com/watch?v=iO5QynPcuPk>

Playing for Change: What a Wonderful World

<https://youtu.be/ddLd0QRf7Vg>

