

Life! Taking Action on Diabetes Qualifications of facilitators who run the Life! courses

Core competencies

All Life! course facilitators need to demonstrate they have appropriate qualifications, essential skills, required professional and program knowledge before they are eligible to be trained as Life! course facilitators.

Qualifications

The following Health Professionals are eligible to be trained as Life! facilitators:

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|--------------------------|------------------------|--------------------|
| Aboriginal Health Worker | Exercise Physiologist | Pharmacists |
| Audiologist | General Practitioners | Physiotherapist |
| Chiropodist | Mental Health Worker | Podiatrist |
| Chiropractor | Nurses – Div 1 and 2 | Psychologist |
| Diabetes Educator | Occupational Therapist | Speech Pathologist |
| Dietitian | Osteopath | |

Other health professionals may be eligible but will need to be individually assessed.

Essential skills and required knowledge

Life! course facilitators are:

- experienced in working with people from different backgrounds and can bring people together for productive learning experience
- able to create a psychological environment that promotes learning, puts participants at ease and encourages them to express concerns
- experienced to deal with participants in a culturally appropriate manner and are sensitive to education and literacy levels
- appropriately skilled in counselling techniques (e.g. active listening, motivational interviewing, coaching, problem solving)
- familiar with diabetes facts and familiar with guidelines used in Life! course (e.g. national nutrition guidelines, physical activity guidelines)
- familiar with relevant community services and are able to disseminate accurate information to participants
- able to understand how an individual's beliefs, values, culture and social situations affect health behaviours

Life! course facilitator training

All Life! course facilitators must attend the Life! facilitator training which is run over two full days. The Life! facilitator training is delivered by the Life! Training Director, Professor Prasuna Reddy from Greater Health. The delivery of the Life! course and dealing with group dynamics are topics covered in the training and presented through demonstrations, activities and discussions.

Call 13 RISK (13 7475) or visit www.diabetesrisk.org.au