

HealthChange Methodology — Person Centred Care in Practice

HealthChange Methodology (HCM) promotes evidence-based, person-centred services to foster client engagement. It can be applied to settings or encounters where clients or patients are required to take action to improve their health and quality of life.

Providers are supported in addressing client readiness for change.

This workshop is one part of a **four-part learning series** on HCM.

1. E-Module 1: Introduction to HealthChange
2. E-Module 2: Health Literacy
3. E-Module 3: Goal Setting
4. Two Live, Virtual Workshops, one week apart (Camera and microphone required and you must attend *both parts* of the live workshop).

***Note the completion of all three modules is a prerequisite for live workshop registration.**

To complete e-Modules and register for the workshop:

- **AHS staff** - Go to MyLearningLink to complete the e-modules and register for an available workshop. Use the search term “HealthChange.”
- **Other Health Service Providers** -
Go to the HealthChange Online Learning Environment (<http://healthchangealberta.ca/login/index.php>), create an account and complete the e-modules.
Once you have completed the three e-modules please email Krystal.Smith@ahs.ca to register for an available North Zone workshop.

For a list of available dates, please visit:

<https://www.albertahealthservices.ca/assets/info/hp/phc/if-hp-phc-rc-hcm-workshop-schedule.pdf>

