

Skills for Health Care Access and Navigation

Session Five Materials

Newsprints (flip charts) or overhead transparencies (2)

The following pages should be prepared on newsprint (flip charts) or copied on overhead transparencies. In the session notes we typically refer to these materials as newsprints but feel free to use overhead transparencies instead. Examples of newsprints are included within the session notes.

To be prepared ahead	To be completed during the session
<ul style="list-style-type: none">• Head, Heart, Hands, & Feet Diagram	<ul style="list-style-type: none">• Identify Barriers and Supports

Handouts (5)

Make copies of the handouts before the session begins.

- 1) Session Five Objectives and Agenda
- 2) Skills for Health Care Access and Navigation – Goals and Objectives
- 3) Study Circle+ Group Discussion Methods
- 4) Head, Heart, Hands, & Feet

From Session One:

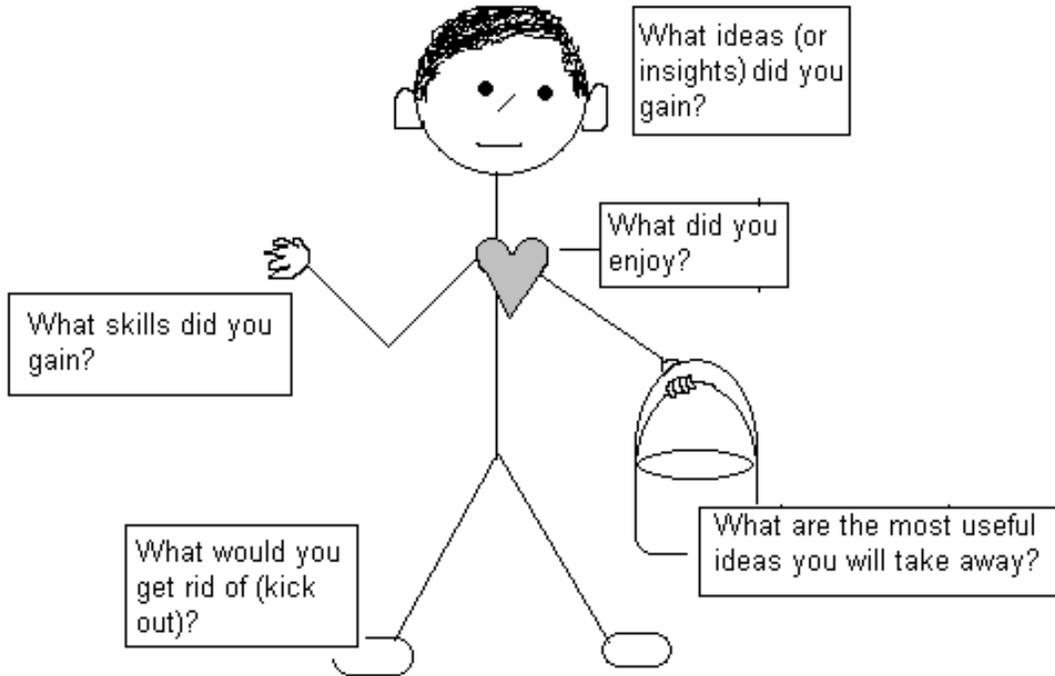
- 5) Study Circle - List of Participants

Optional from Session Four:

- 6) Copies of health literacy lessons written by participants (one complete packet for each participant)

Identify Barriers and Supports to Integration of Health Literacy into ABE/ESOL Instruction	
Level of Focus: Individual (or Classroom, Program, Community)	
Barriers	Supports

~ Draw this diagram on newsprint ~



Skills for Health Care Access and Navigation

Session Five

Objectives

During Session Five, participants will:

- Share and critique unit and evaluation plans
- Identify supports and barriers to the integration of health literacy skill development into instruction
- Develop strategies for staying in touch and supporting one another's work in health literacy

Agenda

Introductory Activities (10 minutes)

- Welcome and Review of Session Four
- Review Session Five Objectives and Agenda

Discussion & Analysis Activities (2 hours)

- Share Plans and Strategies (Peer Review)
- - Take a 10-Minute Break -
- Identify Barriers and Supports
- Develop a Strategy for Action

Planning Activities (10 minutes)

- Discuss How to Keep in Touch with Each Other

Closure Activities (40 minutes)

- Study Circle Summary
- Final Evaluation

Skills for Health Care Access and Navigation Goals and Objectives

Study Circle+ Goals:

The overall goal of the Health Literacy Study Circle+ is to build the capacity of adult education instructors to incorporate health literacy skills into their curriculum and instruction.

The goal for the Health Care Access and Navigation Study Circle+ is to prepare participants to help their students develop basic skills needed for accessing health-related services and for navigating health care systems. These skills include filling out forms, reading signs, and interpreting rights and responsibilities.

Study Circle+ Objectives:

Participants in the Health Care Access and Navigation Study Circle+ will:

- 1) Develop a shared definition of “health literacy.”
- 2) Identify the activities people engage in when seeking health care services.
- 3) Identify literacy-related barriers and issues faced by people seeking health care services.
- 4) Identify health literacy skills needed for health care access and navigation.
- 5) Teach, modify, and critique sample lessons designed to build students’ literacy and numeracy skills related to health care access and navigation.
- 6) Create and pilot a lesson based on students’ needs.
- 7) Outline a sequence of lessons for a health literacy unit and an evaluation plan.
- 8) Develop strategies for incorporating health literacy skills into classroom activities.

Study Circle+ Group Discussion Methods

This handout summarizes the different discussion methods used during this Health Literacy Study Circle+. You may want to keep this list as a reference and use or adapt any methods that are appropriate for your own teaching.

Session One Group Discussion Methods	Activity Examples
TRIADS (group of three people)	Reflect on background readings and on definitions of health literacy
DISCUSSION TRIGGER	<i>In Plain Language</i> video
FACILITATED LARGE GROUP DISCUSSION	Discuss why health literacy is important for ABE/ESOL students
EXPANDING DISCUSSION (two people, then four, then larger group)	Identify our own challenges and barriers with health care access and navigation
REVIEW, ANALYSIS, AND GROUP DISCUSSION	Prepare to conduct the in-class needs assessment ("A Simple Test" and the lesson plan)
DANCE and the BALCONY	Reflect on the study circle discussion methods

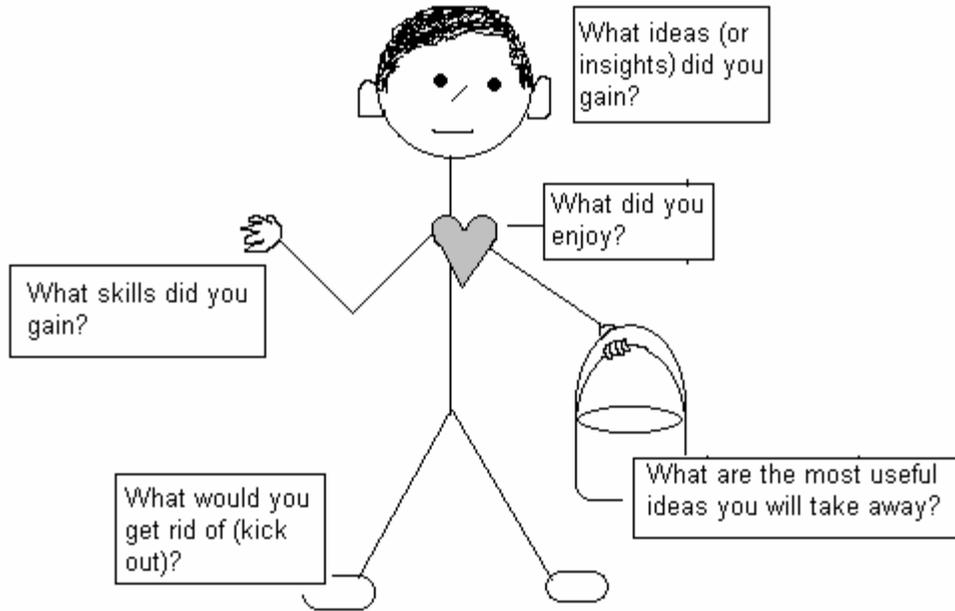
Session Two Group Discussion Methods	Activity Examples
LARGE GROUP DISCUSSION	Review results of in-class activity; Sample Lesson Review
BRAINSTORMING	Identify access and navigation tasks
SMALL GROUP PROJECT	Complete a table to identify skills related to health care access and navigation tasks
DANCE and the BALCONY	Reflect on the study circle discussion methods

Session Three Group Discussion Methods	Activity Examples
PAIR WORK	Discuss and analyze the teaching experience
PRIVATE REFLECTION	Reflect on skills and write down lesson ideas
PARTNERS FOR THE ASSIGNMENT	Review the assignment and the Lesson Plan Template

Session Four Group Discussion Methods	Activity Examples
SMALL GROUP WORK: PAIRED DISCUSSIONS, ANALYSIS IN GROUPS OF 3 TO 5	Share teaching experiences, ideas for health literacy units, measurement options
BRAINSTORMING	Consider way to measure success
PRESENTATION WITH QUESTIONS AND ANSWERS	Review handout and assignment
DANCE and the BALCONY	Reflect on the study circle discussion methods

Session Five Group Discussion Methods	Activity Examples
PEER REVIEW and FULL GROUP DISCUSSION	Share health literacy units and evaluation plans
'CORNERS' DISCUSSION FOCUSED ON A FORCE-FIELD ANALYSIS	Identify barriers and supports
WALK-ABOUT	Review of group's ideas and prioritization of barriers and supports
HEAD, HEART, HANDS & FEET	Give Study Circle feedback

Head, Heart, Hands, & Feet



Posting Place	Questions
Head	What information did you learn or insights did you gain during this Study Circle+? (e.g., new knowledge, ideas, concepts)
Heart	What about the Study Circle+ made you feel good? What did you enjoy?
Hands	What skills did you gain?
Feet	What activities or materials would you like to “kick out” (leave out) or change? Note that suggestions here may be related to discussion methods and/or content (e.g., readings, hand-outs, topics).
Basket	What is the most useful idea or concept that you will take away from this Study Circle+?

