

Proloquo2Go Software and Wellbeing presentations

Proloquo2Go Software

As part of Durlston House's team meeting, Jon White gave a presentation on the Proloquo2Go software. This software has been set up for one of our individuals, with schedules, routines and choices, thus, enabling them to have a voice to express their needs and opinions. Staff have been trained to operate features and processes to ensure this software is as affective as possible and the individual has responded with great enthusiasm.

Wellbeing

Richard Rowland kindly gave a presentation to show staff how they can overcome stress and problems with wellbeing and emotional thinking.

Richard is a psychotherapist and a parent of an individual whom we support at Homes Caring for Autism. He talked to the team about emotional thinking and how this relates to us within our lives, and it gave the staff an understanding of how we think and why. It included how positive thinking impacts on the decisions and actions we take, and how these actions are built predominantly on the immediate feelings we experience within a challenging situation and life experiences. We learnt that the problem is always within our own mind set and our actions are based on our learning experiences which we gain throughout our lives.



This presentation was very empowering for the staff and will be a real benefit in their own lives as well as the lives of the individuals we support.

Staff feedback

- "It would be amazing if this training could be available to all services and staff as it is so beneficial."
- "This was very interesting and a great insight into why we actually do things and how we can support people, but not solve their problems as this can only be done by the person concerned."
- "Really got me thinking about what I do and how I react to situations or problems."
- "The presentation was very interesting, has taken me time to absorb, recognise problems and prioritise what is important to me."
- "Brilliant, I think this should be talked about more and for everyone to have an understanding of this from all walks of life."
- "Very thought simulating and really got you thinking about how the mind works and how much control we have over our actions and problems we face. This also showed me how much control others can have with our thoughts even through just saying certain words."
- "This was really good, I learnt a lot about myself and feel like I've gained the skills to understand my emotions and how I respond to this. I loved the fact of understanding the problem is within my mind and not with everyone else and how to manage this. This is really beneficial for myself and the rest of the staff team's emotional wellbeing."