L4 Postural Stability Specialist Instructor Qualification
for exercise and health professionals working in community and hospital settings to improve balance and reduce risk of falls in frailer, older people

LLT is internationally recognised for its evidence-based exercise interventions for clinical populations and for its translation into national qualifications for health and exercise professionals

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The Later Life Training Continuum

LLT offer a progressive range of accredited national and international training qualifications and CPD. This continuum allows professionals to develop their skills and competencies to meet the diverse abilities and interests of older people. For further information visit our website:

http://www.laterlifetraining.co.uk/
This L4 Specialist Postural Stability Instructor in The Prevention of Falls qualification (PSI) is the first and only, evidence-based, accredited and endorsed L4 falls prevention qualification available in the UK†. Its development, funded by the Department of Health, involved a National Advisory Group of experts. There are over 2000 qualified PSIs in the UK, working within the NHS Falls Prevention services and self-employed. 54% of falls exercise services have a PSI qualified instructor working in the team††.

The course (incl. Assessment) uses a blended learning approach of face to face and an online training portal to teach students to apply knowledge, through problem solving, to the practice of delivering, progressing and tailoring the 7 evidenced based components of the Falls Management Exercise (FaME).

The PSI Qualification is recognised by the Register of Exercise Professionals (20 REPs CPD points). A substantial set of resources are available on the LLT Student web pages both during and following the course.

† June 2014 †† RCP Audit, 2012

PSI Evidence

PSI is underpinned by current evidence (Cochrane Reviews, Sherrington Falls Exercise Review, NICE falls guidance, FaME programme, ProAct65+ study) and recommended by the Dept of Health Prevention Package (2009), the RCP Audit of Falls Services (2012) and the Age UK Expert Series (2013) and ProFouND. Improvements demonstrated in research trials (see website) include:

- Reduced falls and injurious falls rate and falls risk
- Reduced fear of falling and improved confidence
- Reduced fracture risk/maintenance of bone health
- Improved balance and lower limb strength
- Improved function and quality of life
- Improved social contacts
- Improved physical activity

Key learning outcomes

- A sound understanding of falls prevalence, consequences and risk factors for falls and the evidence for falls prevention exercise
- Design, deliver and evaluate safe, effective and progressive falls prevention exercise programmes for frailer, older people
- Tailor and adapt for 1-2-1 and group approaches
- Risk stratify and refer effectively to health/exercise professionals
- Outcome measures, evaluation and implementation approaches
- Observe relevant professional standards and medico-legal requirements for exercise referral protocols

Why choose Later Life Training?

LLT is a national training provider who for over 10 years has worked effectively with local commissioners and service managers.

LLT directors are internationally recognised experts in falls research ad practice in the fields of exercise, ageing and disease.

LLT PSI tutors established the first DoH funded NHS Falls Service and continue to gain extensive experience of implementing PSI into community exercise referral settings, facilitating the provision of ‘real life’ ‘fit for purpose’ training.

LLT is renowned for its ability to up-skill learners to a high level of practical competence for a diverse range of settings and patients/clients.

LLT always provide enjoyable and engaging training of the highest quality for all of our delegates/candidates (see testimonials on the website).

LLT is the only training provider delivering a continuum (Level 2 to Level 4) of evidence-based training plus an extensive CPD programme.

Who is the PSI Course for?

- L4 Specialist Exercise Instructors *
- L3 Exercise Referral Instructors *
- Physio/Occupational Therapists
- Rehab/T1 Assistants (in NHS services)
- Sports/Exercise Scientists
- Exercise Rehabilitation Instructors (MoD)*
- Personal Trainers ( ≠ L3 Exercise Referral)*

Accredited and Endorsed

The PSI Qualification is accredited by the Register of Exercise Professionals (20 REPs CPD points). A substantial set of resources are available on the LLT Student web pages both during and following the course.

Get started

For more information about costs, dates, how to enrol on a PSI course, become a local ‘Host Organiser’ or about how LLT can design a bespoke course in your local service/workplace: visit our website www.laterlifetraining.co.uk or complete and send in this form.

Send completed form to Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT

Name: __________________________
Address: _______________________
Telephone: ______________________
Email: __________________________

BE SURE YOU ARE INSURED TO WORK WITH OLDER PEOPLE AT RISK OF FALLS. GET QUALIFIED WITH LLT TODAY.

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