Exercise after Stroke
Part of the Later Life Training Continuum

L4 Exercise and Fitness Training after Stroke Specialist Instructor Qualification
for exercise and health professionals working with stroke survivors in community and hospital settings ©

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

Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT
Tel: 01838 300 310 Email: info@laterlifetraining.co.uk

http://www.laterlifetraining.co.uk/
Introduction

This L4 Specialist Exercise and Fitness Training after Stroke Instructor qualification (EFS) is the first and only evidence-based, and REPs/PD: Approval endorsed L4 stroke qualification available in the UK. Delivered by a multidisciplinary team, it is also the only qualification to be developed by a reference group of national experts in stroke research, clinical and exercise science practice. The course (incl. assessment) uses a blended learning approach, of face to face learning and an online training portal, to teach students to apply knowledge, through evidence-based, face to face learning and an online training portal, to teach students to apply knowledge, through problem solving, to the practice of tailoring the STARTER research programme to the diverse range of functional impairment (physical, sensory and cognitive) met in stroke survivors. All approaches are aligned with the 2010 Exercise After Stroke Guidelines.

Accredited & Endorsed Qualification

The EFS Level 4 Exercise Qualification is endorsed by the UK Stroke Forum and by the Register of Exercise Professionals (REPs) (20 points) and aligned with the benchmarks of the Chartered Society of Physiotherapy and the Quality Assurance Agency for Higher Education. Additional resources are available on the LLT Student Pages during and following the course.

EFS Evidence

EFS is underpinned by current evidence (Cochrane Reviews, STARTER Exercise Programme) and recommended by the National Advisory Committee For Stroke: Best Practice Guidance for the Development of Exercise after Stroke Services in Community Settings. Improvements demonstrated in research trials (see website) include:

- Improvements in walking economy
- Improvements in comfortable walking speed
- Improvements in leg extensor power (affected leg)
- Improvements in general health/mental health/vitality
- Improvements in timed up and go
- Improvements in functional reach

Who is the EFS 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 )

EFS Settings

- NHS Physiotherapy Depts
- Leisure Centres / Health Clubs
- GP practice
- Health Centre Gyms
- Community Halls / Centres
- GP Referral Services
- Stroke-Specific Services

* See website for REPs pre-requisite requirements

Key Learning Outcomes

- Understanding of stroke and its impact
- Understanding of the exercise evidence
- Competent design, delivery of safe, effective exercise
- Competent outcome measures/evaluation
- Specialist instructor skills
- Competent therapy led, functional exercise tailoring
- Competent group and one to one approaches
- Risk stratify and refer appropriately to health/exercise professionals
- Effective communication with stroke survivors/colleagues

Why choose Later Life Training?

LLT are a national training provider who for over 10 years have worked effectively with local commissioners and service managers

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

LLT EFs tutors have extensive experience of implementing EFs services within NHS and community exercise referral settings, so provide ‘fit for purpose’ training

LLT are renowned for their ability to up-skill learners to a high level of practical competence for a diverse range of settings

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

Get started to

For more information about costs, dates, how to enrol on a EFS 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
call us on
01838 300310
or complete and send in this form.

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BE SURE YOU ARE INSURED TO WORK WITH STROKE SURVIVORS. GET QUALIFIED WITH LLT TODAY.