OTAGO Strength & Balance
Exercise Programme
Exercise Leader Course for professionals working with Older Adults at low risk of falls

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

The Later Life Training Continuum

OTAGO Strength & Balance
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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/

Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT
Tel: 01838 300 310 Email: info@laterlifetraining.co.uk
OEP is the international leader in the specialist field of Falls Prevention Exercise for Frailer Older People. The OTAGO Exercise Programme (OEP) is recognised worldwide by health, social care and exercise professionals. Developed in 2008 by LLT in collaboration with the authors of OEP, Professors Campbell & Robertson (University of Dunedin, Otago, New Zealand). This course is only delivered by LLT, in the UK and Europe, is kept updated with new evidence and is available blended in a new format of online and face to face learning.

Who is the OEP Course for?

A L2 OEP Leader will gain skills to lead the pre-set programme of exercises to older people who have been screened as suitable by an appropriate health professional and agreed as part of the wider service delivery. The evidence based training course is suitable for a range of professionals who work in partnership with physiotherapy and falls services. Course duration is dependent on experience and specific service training needs. LLT will work with you to bespoke a course duration appropriate for your learners.

Course duration (**2 days plus practical assessment) for;
- Social/Health Care Support Workers
- Sheltered Housing Wardens
- L2/L3/L4 Exercise Instructors
- Activity Co-ordinators
- Rehab Assistants
- Sports/Exercise Scientists
- Exercise Rehabilitation Instructors (MoD)
- Occupational Therapists

Shorter duration course (*1 day plus practical assessment) for;
- Physiotherapists
- T1 Assistants

OEP Settings

Working in partnership with physiotherapy teams and appropriate referrers
- Residential care
- Sheltered housing
- Day centres/luncheon clubs
- NHS Physio departments & ward settings
- Falls services
- Community halls/centres
- Leisure centres/health clubs
- Home Based Programmes

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 develop all training based on evidence and in collaboration with the original evidence authors

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

LLT tutors are all currently active within NHS and community services across the UK

Get started to

For more information about costs, dates, how to enrol on an OEP 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.

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

BE SURE YOU ARE INSURED TO WORK WITH OLDER PEOPLE AT RISK OF FALLS. TRAIN WITH THE EXPERTS.