CARE TO MOVE

Approaches to promote movement and empower older people to move more during packages of care and everyday living

Why choose LLT

- LLT is a Skills For Care training provider
- LLT directors are internationally recognised experts in research and practice in active ageing
- LLT provide an enjoyable and engaging experience for all our learners (see our testimonials on the LLT website)
- LLT is a national training provider who for over 14 years has worked effectively with local commissioners, service managers, NHS and community services to up-skill learners to a high level of practical competence

For more information about costs, dates, how to enrol, become a local ‘Host Organiser’ or about how LLT can design a course in your local service/workplace call us on 01838 300310
Visit our website www.laterlifetraining.co.uk
Or write to us at Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT

LLT is internationally recognised for its evidence-based exercise interventions for clinical populations and for the development of national qualifications for health and exercise professionals

Policy and evidence informing Care To Move

- Global Strategy: Physical Activity/Older Adults
- UK Physical Activity Guidelines
- Care about physical activity
- Make every moment count
- Falls and fractures
- Falls in older people
- Home care: delivering personal care and practical support to older people living in their own homes
- Person-centred health and care programme
- Delivering better services for people with long-term conditions
- Understanding sedentary behaviour

Chair-Based Exercise Programme for Frailer Older Adults & Disabled Adults ©
The Otago Exercise Programme ©
Motivate Me ©
1st Steps in Dementia ©

Care To Move

World Health Organization
GOV.UK
Care Inspectorate
NICE
Healthcare Improvement Scotland
The Kings Fund
Seniors USP

LLT is a national training provider who for over 14 years has worked effectively with local commissioners, service managers, NHS and community services to up-skill learners to a high level of practical competence

For more information about costs, dates, how to enrol, become a local ‘Host Organiser’ or about how LLT can design a course in your local service/workplace call us on 01838 300310
Visit our website www.laterlifetraining.co.uk
Or write to us at Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT

CTM © Later Life Training Ltd 2017

CARE TO MOVE

Approaches to promote movement and empower older people to move more during packages of care and everyday living

Why choose LLT

- LLT is a Skills For Care training provider
- LLT directors are internationally recognised experts in research and practice in active ageing
- LLT provide an enjoyable and engaging experience for all our learners (see our testimonials on the LLT website)
- LLT is a national training provider who for over 14 years has worked effectively with local commissioners, service managers, NHS and community services to up-skill learners to a high level of practical competence

For more information about costs, dates, how to enrol, become a local ‘Host Organiser’ or about how LLT can design a course in your local service/workplace call us on 01838 300310
Visit our website www.laterlifetraining.co.uk
Or write to us at Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT

CTM © Later Life Training Ltd 2017

CARE TO MOVE

Approaches to promote movement and empower older people to move more during packages of care and everyday living

Why choose LLT

- LLT is a Skills For Care training provider
- LLT directors are internationally recognised experts in research and practice in active ageing
- LLT provide an enjoyable and engaging experience for all our learners (see our testimonials on the LLT website)
- LLT is a national training provider who for over 14 years has worked effectively with local commissioners, service managers, NHS and community services to up-skill learners to a high level of practical competence

For more information about costs, dates, how to enrol, become a local ‘Host Organiser’ or about how LLT can design a course in your local service/workplace call us on 01838 300310
Visit our website www.laterlifetraining.co.uk
Or write to us at Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT

CTM © Later Life Training Ltd 2017
CTM has three key themes:

- **Communication skills** to have a different conversation (targeted, purposeful discussions) with service users during visits and interactions
- **Movement principles/CTM prompts** and cues for the whole service/workforce to adopt during visits and interactions
- **Empowering older people** to move more between visits, and for those who may have home exercise programmes prescribed by physiotherapy, provide a prompt and encourage adherence

CTM approaches are appropriate for whole service and workforce adoption. Documented success of the training to date include the consistent approach to its implementation at every level of the service:

- Domiciliary Support workers/enablement teams
- Therapy and rehabilitation teams
- Residential care support staff
- Convalescent unit staff
- Volunteers/befrienders/peer mentors
- Family caregivers

Line managers, seniors and supervisors should attend the training in order to support their staff and monitor and quality assure its implementation.

CTM meets an integral training need for any support worker, volunteer or health professional working with older people by shifting attitudes and behaviors of the workforce.

The ultimate aim is to more effectively support change and longer term gains well after service withdrawal. CTM up-skills staff to enhance existing interactions with service users, identify opportunities to optimise movement during the visit and in between visits.

CTM is informed by behaviour change theory, motivational strategies from successful falls prevention programmes and current policies around reducing sedentary behaviour.

CTM approaches are appropriate for whole service and workforce adoption. Documented success of the training to date include the consistent approach to its implementation at every level of the service:

- Domiciliary Support workers/enablement teams
- Therapy and rehabilitation teams
- Residential care support staff
- Convalescent unit staff
- Volunteers/befrienders/peer mentors
- Family caregivers

Line managers, seniors and supervisors should attend the training in order to support their staff and monitor and quality assure its implementation.

The ultimate aim is to more effectively support change and longer term gains well after service withdrawal. CTM up-skills staff to enhance existing interactions with service users, identify opportunities to optimise movement during the visit and in between visits.

CTM is informed by behaviour change theory, motivational strategies from successful falls prevention programmes and current policies around reducing sedentary behaviour.

CTM approaches are appropriate for whole service and workforce adoption. Documented success of the training to date include the consistent approach to its implementation at every level of the service:

- Domiciliary Support workers/enablement teams
- Therapy and rehabilitation teams
- Residential care support staff
- Convalescent unit staff
- Volunteers/befrienders/peer mentors
- Family caregivers

Line managers, seniors and supervisors should attend the training in order to support their staff and monitor and quality assure its implementation.

Later Life Training can offer two training options within your services;

- **2 day CTM approaches**
  including movement prompt skills and cues (Level 1 or 2 dependent on involvement of therapy services)

- **3 day CTM Train the Trainer**
  allows existing service trainers to deliver in-house CTM training.
  (A key trainer must be part of the existing service with remit to monitor and quality assure implementation. LLT will require QA input to this option)

In order for the CTM to be successful it is vital that prior to any training you consider who in your organisation will continue to support and embed the CTM approaches after training.

Call us to discuss your plans for the implementation of the CTM approaches.

To better understand how the Care To Move approaches can support your workforce and service users/patients/clients please call us on 01838 300310

Later Life Training recommend an observation visit of your team/workforce in practice prior to the training so we fully understand the application of the CTM approaches in your area and ensure our tutors can meet the needs of your learners and understand their job role and your care planning procedures.

CTM Training can offer two training options within your services;