

The course is designed for professionals working with frailer older people with a history of falls in the community (e.g. Physiotherapists, Occupational Therapists & Exercise for the Older Person Advanced Instructors). In special circumstances Nurses, Therapy Assistants, Health Care Assistants & Support Workers, Health Managers and Leisure Managers can also enrol. The course is designed for those who have previously undertaken learning at an advanced level and who have some background of exercise delivery with older people. The variety of professionals who attend these courses aid local networking and help break down barriers between professions and build trust and respect for their differing skills.

## Who is it for ?

**These courses are run nationally, according to demand. Candidates can either enrol on an individual basis or can be enrolled by a "Host Organiser" in a local area**

### SUPPORTED BY:

AGE CONCERN ENGLAND

AGEING WELL ACTIVE AGE UNIT

BRITISH GERIATRICS SOCIETY

BHF NATIONAL CENTRE FOR PHYSICAL ACTIVITY  
AND HEALTH, LOUGHBOROUGH UNIVERSITY

EXTEND

HELP THE AGED

NATIONAL ASSOCIATION FOR PROVIDERS OF  
ACTIVITIES FOR OLDER PEOPLE

INTERNATIONAL SOCIETY OF PHYSICAL ACTIVITY  
AND THE PREVENTION OF OSTEOPOROSIS, FALLS  
AND FRACTURES

RESEARCH INTO AGEING

DEPARTMENT OF PRIMARY CARE & POPULATION  
SCIENCES, OLD AGE PSYCHIATRY & HEALTH  
SERVICES FOR ELDERLY PEOPLE, UNIVERSITY  
COLLEGE & ROYAL FREE HOSPITAL, LONDON

PROFANE – PREVENTION OF FALLS NETWORK  
EUROPE

DEVELOPMENT OF THE COURSE WAS FUNDED BY  
THE DEPARTMENT OF HEALTH

*PILOTED BY: MERTON, SUTTON AND  
WANDSWORTH HEALTH AUTHORITY AND  
LEICESTER COLLEGE*

Incorporated in England Company No.4654648 PLC.  
VAT Reg. No: 809 7535 02

Registered Office: Later Life Training Ltd, 71 Duke Street,  
Mayfair, London W1K 5NY, UK

(Flyer Version 27 Jan 09)

HEALTH PROMOTION

# laterLife training.

**“EXERCISE FOR  
THE PREVENTION OF FALLS  
& INJURIES  
IN FRAILER OLDER PEOPLE”  
COURSE  
In the  
UK and Europe**

**SPECIALIST TRAINING AND  
QUALIFICATION  
FOR QUALIFIED HEALTH  
PROFESSIONALS AND  
EXERCISE FOR THE OLDER PERSON  
ADVANCED INSTRUCTORS  
TO BECOME  
POSTURAL STABILITY INSTRUCTORS**

*This course is recognised*



LATER LIFE TRAINING  
MOUNTGREENAN, BY CRANLARICH  
PERTSHIRE FK20 8RU  
Tel: 01838 300 310

e-mail: [info@laterlifetraining.co.uk](mailto:info@laterlifetraining.co.uk)  
Website: <http://www.laterlifetraining.co.uk>

## Candidate Eligibility and Guidelines

See separate leaflet entitled – “**Candidate Eligibility and Guidelines**”. In brief, candidates should have relevant recognised qualifications and/or evidence of relevant training/caseloads in their speciality.

## Duration of the Course

The Courses run over four teaching days with a fifth study day and a final assessment day (six days total). The six days are spread over a period of 8 to 12 weeks to allow sufficient time, between course days, for ‘home’ revision and set course work. The courses can be run on both weekdays and weekends depending on demand. Each day runs from 9am to 6pm (54 contact hours) and there is approximately 150 hours of non-contact revision and learning time.

## Resources

All candidates will be supplied with 3 course manuals covering “Knowledge Base”, “The Practice” and “Resources”. The “Knowledge Base” is issued at least two weeks before commencement of the course and is essential prior reading. Candidates will also receive an assessment handbook that is used on the course.

## Content

The course examines the prevalence and consequences of falls and fractures, costs, demographic trends and the implications for independence and quality of life. The theoretical work covers the physiological and psychological systems involved in postural stability and bone health and the impact of disease processes on falls and fractures. Risk assessment and health and safety related to accident prevention are key areas, together with the practicalities of establishing a programme. Practical work examines the structure of a falls prevention programme with considerable emphasis being placed on how to demonstrate, adapt and progress exercises and provide alternatives for individuals with specific medical conditions; also the skill of supervising group exercise. Candidates are required to identify a “faller” and complete a Case Study as part of the assessment.



## Assessment

Evidence of current CPR proficiency must be brought to the assessments. Candidates will take a 2 hour theory paper on Day 5. On Day 6 they will produce a session plan, then teach and self-evaluate their teaching of a falls prevention exercise session for 1 hour. This will include a warm up followed by dynamic endurance and balance exercises, strengthening and flexibility exercises – floor, chair and standing alternatives – walking and adapted Tai Chi movements. Particular emphasis will be placed on specific adaptations and progressions. A minimum of 40 minutes of teaching will be observed. They will also have to complete a Case Study on a “faller” and submit the written case study and undergo an oral viva, lasting 20 minutes, relating to this individual.

## Tutors

Main course tutors are Dr Susie Dinan-Young, Dr Dawn Skelton, Sheena Gawler, Dawn McLean, Vicki Goodwin, Sarah Wheatley, Sara Paul, Bex Townley, Vicky Johnston and Simon Hanna.

## Certification

All successful candidates will receive a Later Life Training Certificate in **Exercise for the Prevention and Management of Falls and Injuries**. Those taking the first four days of the course and not wishing to sit the assessments will receive a *Certificate of Attendance*.

## Level of Certification

The course is designed to offer an equivalent level of training to the **British Association of Cardiac Rehabilitation Course** and successful candidates with appropriate pre-requisite experience and qualifications are able to apply for **Level 4 Specialist Exercise Instructor Status** with the **Register of Exercise Professionals**, receive credit points towards the **University of Derby’s BTEC & Postgraduate Certificates** in Falls and Osteoporosis and the course has ‘**Post-Qualifying**’ **Endorsed Training Status** with the **Chartered Society of Physiotherapists**.

## Using the Qualification

It is anticipated that successful candidates will deliver sessions either working within the therapies in a hospital programme or leading falls and injury prevention sessions in community settings as part of a local health improvement plan or onward referral from the Rehabilitation setting.

## Cost of the Course

The full course cost (from 01 April 2009-31 March 2010) is **£595 + VAT** per applicant and includes the Course Manuals, Assessments and Certification.

## Continuing Professional Development

A number of CPD days are available for qualified PSI Instructors, please see the website for details.



## How to Apply

For an application form, please contact The Administrator at the address below:

Later Life Training  
Mountgreenan  
By Criannarich  
Perthshire FK20 8RU  
Tel: 01838 300 310  
e-mail: [info@laterlifetraining.co.uk](mailto:info@laterlifetraining.co.uk)  
Website: <http://www.laterlifetraining.co.uk>