

Welcome to the first edition of the Later Life Training newsletter - INSPIRE.

I have been asked by LLT to get a newsletter up and running and I will be relying on your enthusiasm and commitment to help so please send in anything you want to share to the office. This newsletter is designed for all those involved in delivering LLT exercise programmes and aims to provide information and updates as well as a chance to share information.

This edition covers updates on all the main LLT courses, the first ever LLT Conference for PSI and EfS instructors, some interesting updates on research and practice and of course some thoughts from the frontline. Those of you who have been on courses with me will know I like to get others thinking about and challenging the way things are done especially when it comes to older people. So look out for the section on "from our tutors", it should spark some interesting debate.

Thanks must go to the contributors from the frontline, to Dawn Skelton, Bob Laventure and Susie Dinan-Young for their input and to Steve Richardson, the designer of the newsletter look and feel. For this bi-annual newsletter to be a success we will need your input, it's a chance to share ideas, new innovations and discuss problems. Your thoughts or comments will always be very welcome so please send any ideas for contributions into the office ready for the next issue in the Autumn.

Simon Hanna (LLT Tutor)



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New Website and LLT on Facebook!

To search, type and hit enter

NEWS:

Falls Awareness Week 20-24 June 2011 - April 24, 2011

Active Ageing Seminar 22 June 2011 - April 24, 2011

EFS endorsed 2011

BalanceMaster

Competition for LLT Conference

List yourself on for free - March

LIST ARTICLES

Activity Motivators
 Balance Training
 Health Book
 Engagement Evidence
 Evidence Base
 Exercise Falls Prevention
 Fitness Leaders Frail Older People
 Guidelines Human Kinetics Later Life Training
 LLT Motivation OEP Older People
 Otago Exercise Programme Participation Peer Mentors
 Physical Activity and Exercise PSI
 Publication Qualification Research
 Retired Review
 Someone Like Me SPM Standards Strategy
 Strength Stroke Training Upt

Later Life Training has provided support for health and leisure professionals who

We are a non-profit making organisation with a wide variety of professions working with us to ensure adherence to exercise which helps

Resources

Navigate through the resource tree by clicking on the +/- symbols to the left of each category and view a resource or a category list by clicking on the links.

Alternatively you can use the SEARCH function to the left.

Open All | Close All

- Charities and Non Governmental Organisations (15)
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- Find Course Locations at
- Apply to a Course
- Host a Course
- Find Out About Potential
- Access Course Resource
- Access Course Resource
- Register for the LLT Con
- Refresh your Teaching S
- LLT Want an LLT Qualified U
- Become a Tutor or Asse

Some of you may already have had a look, but we have re-launched a new Later Life Training website, still at www.laterlifetraining.co.uk. We hope you find it easier to navigate and find any information you want. There are sections which give information on the courses, including easier to find information on endorsements and accreditations, the evidence base behind all our courses and information on CPD opportunities. We also have a new resources section which is set out a bit like a Windows Explorer index so that you can find out further information for older people, for professionals, on qualification information and on other charities and training organisations to support your practice.

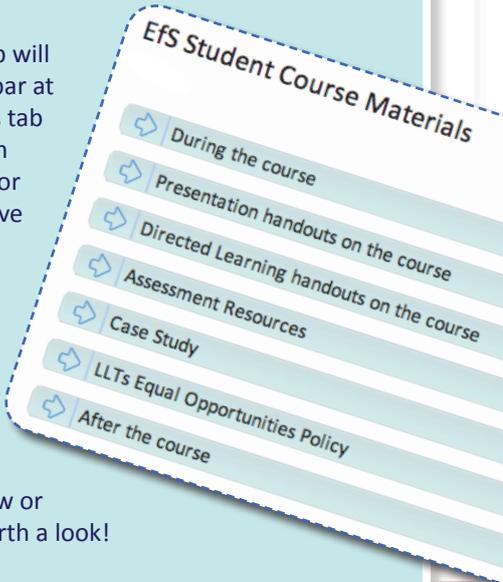
There is now a section on the staff and publications and articles written by LLT Staff, a section on news and also a section on the charities and organisations we support and work with. There is also now a search button to find something you know you have seen but cannot remember where!

We also now have private separate webpages for each of our courses. These will support the student experience during the course but are also there to provide useful information for after the course, for example, home exercise booklets

(see below left) to support you and your clients/patients. If you are a "past" student of LLT and previously had a log in given to you on a course, you will need to get a new username and password from the office. You will then have access to all these resources. The log in is in the top right hand corner of the home page.

After you Log in, a STUDENT tab will appear in the main navigation bar at the top of the page. Under this tab you will only see information on the course you have logged in for (not all the courses you may have done, each of which will have a different log in).

The example on the right is from the new Exercise After Stroke course. Each heading has a drop down box with information you can view or download - It's well worth a look!



LLT are now also on Facebook – with a growing number of you interacting with us and giving us valuable information on life on the frontline! Come and join us!

Click here to download the new LLT Home Exercise Leaflets



The Exercise and Fitness Training after Stroke (Efs) Level 4 Specialist Instructor Training Course is now being delivered across the UK by LLT. We have delivered 6 courses over the last year.

The course was first developed by The University of Edinburgh and Queen Margaret University, Edinburgh and over the last year have worked with LLT to further develop the course to be run nationally. The course is accredited by Queen Margaret University (SHE Level 2; SCQF Level 8; 20 credits); endorsed and fully approved by Skills Active at Level 4 Specialist Instructor (20 points) and recognised by REPS. We have recently received



endorsement from the UK Forum for Stroke Training (QM0045).



The course practical is based on the exercise programme from the published [STARTER trial](#) and on theory from a recent [Cochrane Review](#). The course has been designed to provide exercise instructors and other suitably qualified practitioners with a nationally recognised qualification, which will enable them to deliver exercise classes that are standardised, safe, effective, appropriate and enjoyable for stroke survivors. The focus of the L4 specialist programme is fitness training and secondary prevention rather than rehabilitation.

The Efs course is delivered over a period of 12-16 weeks, comprising 6 contact days in total (including final assessment). This is to allow time for 'home' revision and set course work, which includes a short report of a visit to a Stroke setting and a video link case study. Through workshops, tutorials and case studies this course educates



instructors to adapt, individually tailor, communicate and progress exercises according to the specific and differing needs of this patient/client group.

LLT are working with Dr. Tom Balchin of the ARNI Trust to provide a high quality CPD opportunity to Efs Instructors, based on ARNI's '[Functional Training after Stroke](#)', (accredited by Middlesex University). This first L4 Efs CPD is being submitted to Skills Active for endorsement.



The course has the support of the key Non Governmental Organisations in Stroke. The course is recommended in the Best Practice Guidance for the Development of Exercise after Stroke Services in Community Settings November 2010, which can be downloaded from the [Exercise After Stroke Website](#). This website is part of a Scottish Government funded project to scope the provision of Exercise after Stroke services across Scotland and to provide best practice guidelines for Exercise after Stroke.

Click here to find out everything you need to know about the Efs Course and Apply Online

The PSI course goes from strength to strength. LLT have now delivered 104 courses in the UK and Ireland (79 in England, 14 in Scotland, 7 in Wales, 2 in Northern Ireland and 2 in Eire) since Feb 2003 (after taking over from Leicester College) and have 1270 qualified PSI's on our database.

The PSI course, based on the published FaME RCT, is accredited by the University of Derby and Queen Margaret University (SHE Level 2; SCQF Level 8; 20 credits); endorsed and fully approved by Skills Active at Level 4 Specialist Instructor status (20 points) and recognised by REPS.



In early 2009, LLT received the Chartered Society of Physiotherapists (CSP) Post

Qualifying
Endorsement Status
for the PSI Course.



This means that physiotherapists can accrue relevant points to add to their Continuing Professional Development Portfolio for both the CSP and the Health Professions Council (HPC). It is also the only course recommended by the Department of Health in their 2009 'Prevention Package'.

In December 2008 LLT re-developed the Exercise Resource for the course, with new photographs and standardised teaching instructions, progressions and adaptations and potential problems and solutions. This is freely available to download for all PSI qualified students through the PSI student webpage. We have also now got a variety of local home exercise booklets available to download as well as a new online revision aid covering risk factors and interventions to reduce falls, effects of ageing and differences in fallers within the main physiological systems. We also have tutor-led video clips from



a course covering the main components making up a PSI practical session. If you are a "past" PSI student, make sure you have the new password to access these resources.

**Click here to view
CPD opportunities**

We have five CPD opportunities available to PSI's, three of which carry 4 REPS CPD Points

- CPD1: PSI Update—The Evidence
- CPD 2: Tai Chi for PSIs
- CPD 3: Physiotherapy Approaches to Falls
- CPD 4: Osteoporosis
- CPD 5: Motivation and Adherence

**Click here to find out
everything you need to
know about the PSI Course
and Apply Online**

The first OEP course was piloted and run in 2006. Since then, LLT have delivered 73 courses in the UK (66 in England, 6 in Scotland and 1 in Northern Ireland) and have 840 qualified OEP Leaders on our database.

This 4 day training course and qualification for health and exercise professionals covers the delivery of the evidence based Otago strength and balance exercise programme to reduce falls in frailer older people. LLT is working in collaboration with Professor John Campbell and Dr Clare Robertson of Otago



University, New Zealand and with Julie Whitney of Kings College Hospital Trust, London, UK. In 2009 we piloted and ran an accelerated 2 day course for physiotherapists and L3/L4 exercise instructors and now offer this shorter course for those with a previous background in exercise delivery to the frailer older adult. Although we do not currently offer CPD for OEP Leaders, watch this space! For those “past” students who have qualified in OEP, we now have a student webpage with information to download such as home exercise booklets. [Contact the Office](#) if you do not have a student password for this page.

This course gives Leaders the ability to deliver the evidence based Otago strength and balance exercises one to one or in small groups and offers a perfect

progression for those who have been delivering Chair Based Exercise to groups. The Otago Leaders qualification also meet the new Older Adult Physical Activity Guidelines (see page 14) which recommend weekly strengthening and balance exercises to meet public health needs.

This year LLT are hosting their first conference for L4 instructors but keep an eye on the website for a conference for OEP and CBE leaders in the near future.



Click here to find out
everything you need
to know about the OEP
Course and Apply Online

The CBE Leaders course goes from strength to strength. Over the last 12 years, since LLT were commissioned by the Department of Health to develop the course, it has proved a great success for those wishing to deliver exercise programmes to frailer older people.



The CBE course is accredited by CYQ (20 Points), endorsed and fully approved by Skills Active (at L2 CPD) and recognised by REPS. Those of you who have been part of the Later Life Training family for some time will remember that CBE has been run in collaboration with Leicester College and more recently with Professional Fitness & Education (formerly Northern Fitness).

In November 2010, LLT decided to go it alone once more. There has been a huge growth in the field of seated exercise and it was time to re-establish CBE as part of the training continuum that LLT offer. Seated exercise appears to have become the 'norm' for older people with little or no progression. As you are aware, LLT designed the CBE course on a secure evidence base of research and have very high quality standards in order to ensure the delivery meets all the standards necessary for effective teaching and support of older people. We deliver both the original 4 day course (for health and social care professionals and exercise instructors who have not got an older adult qualification) and the accelerated 2 day course (for exercise instructors and health professionals who work in an exercise environment).



We also have three CPD opportunities available to CBE Leaders, all of which carry 4 REPS CPD Points.

CPD Day 1: Strengthen
CPD Day 2: Progress
CPD Day 3: Gait and Games

[Click here to view CPD opportunities](#)

For those "past" students who have qualified in CBE, we now have a student webpage with information to download such as home exercise booklets. [Contact the Office](#) if you do not have a student password for this page.

This year LLT are hosting their first conference for L4 instructors but keep an eye on the website for a conference for OEP and CBE leaders in the near future.

[Click here to find out everything you need to know about the CBE Course and Apply Online](#)

Since the course began in 1999, with our collaborating provider organisations (Leicester College, and Professional/Northern Fitness Education) we have qualified over 3000 CBE Leaders. However, in the various change overs, we have lost contact with many of you/them. We would like to ask your help in our effort to ensure all our CBE alumni know of all the current CBE & related training opportunities. If you know of a CBE Leader not currently linked in with LLT, please ask them to get in touch so we can keep them up to date.

Developed by LLT in 2008, 'Motivate Me' is a one day course for teachers, instructors and leaders of exercise classes and groups who work with older people.

It has been designed for professionals who have qualified either as CBE Leaders, OEP Leaders or Fitness/Exercise Instructors. It is also appropriate for Senior Peer Activity Motivators and other health or social care professionals who wish to know more about motivating older adults to engage in physical activity. Attendees receive 4 REPS CPD points.



This one day course helps you to understand the main barriers and motivators to exercise amongst older people with multiple co-morbidities and life changes. It will give you some insight into the communication strategies you can use to help older people find their main motivations to take up or continue exercise and activity that will help them maintain independence.

To date, over 500 exercise, physical activity, health, social and residential care professionals across the UK have participated in Motivate Me courses.



[Click here to find out everything you need to know about the MMe Course and Apply Online](#)

“Someone Like Me!” is a national programme of training for health and other professionals who wish to deliver their own local training for Senior Peer Mentors.

The Someone Like Me (SLM) programme was developed as a partnership between Later Life Training (LLT), the BHF National Centre for Physical Activity and Health (BHF NC) at Loughborough University and Age Concern, Ageing Well (now AgeUK). The SLM programme can be used by a range of agencies as a means of initiating physical activity among older adults and provide a “strategic fit” to local health and activity

promotion programmes which target older adults. To date, nearly 300 professionals have undertaken SLM training.

Two different courses have been designed to provide choices for local programme coordinators to meet local needs and are designed for health professionals who work to promote physical activity with older people. These courses are designed for health and other professionals who work to promote physical activity with older people (e.g. Health improvement managers in PCTs, development officers in local authority leisure and social services, non governmental organisations, the residential and care sector, housing wardens and exercise and health co-ordinators).

Senior Peer Activity Motivators can be invaluable in a number of situations to engage, motivate, buddy and support people into physical activity programmes and have been utilised in falls prevention, mental health, befriending and active living programmes. However, they are not trained to, nor are they expected to give medical advice or lead/teach exercise and physical activity programmes. Many current schemes around the UK have undertaken the training and now engage mentors to support their schemes. Useful reports and tips can be found on the LLT webpages.



[Click here to find out everything you need to know about the SLM Course and Apply Online](#)

Instructors and leaders will be well aware of the increase in people living with dementia associated with the increased numbers of people living well into later life.

The National Dementia Strategies and Action Plans in each of the 4 home countries have brought this sharply into focus and at long last dementia has moved up the political agenda. Awareness has also been raised through the personal experiences of many of us through friends, family and media exposure.

Many instructors, teachers and leaders working with Later Life Training have also reported an

increase in the numbers of participants who are living with dementia, either in their own homes or in residential and care settings who are being included in their programmes. They have asked us for further education and training opportunities to enhance their skills at working with this sector of the population.

Three Dementia Workshops have now been piloted and we will soon launch this course. The day will focus upon developing a greater understanding of information and practice for instructors, teachers and leaders of Later Life Training programmes. Keep an eye out on the LLT website for further information.

Bob Laventure and Claudine Aherne have written two articles to help:

Living well with dementia: a framework for programs

Living well with dementia: Principles of planning into practice

Click here to download both of these documents from the LLT website!



We are proud to announce our first Later Life Training Conference for Level 4 PSI and EfS Exercise Specialists. You can meet international experts, the LLT team, earn 4 CPD points and network with fellow specialist instructors.



We have an exciting programme of keynotes from world renowned researchers in stroke and falls. We also have a range of practical workshops that you can choose from. Workshops include ideas on marketing for self-employed instructors, practical sessions for those working with people with osteoporosis, stroke, dementia, parkinson's and back conditions, sessions on assessment and support strategies to improve

adherence, and workshops on floorwork, pilates, tai chi, ball games, balance progression and new technologies for engagement. You can [view the programme](#) for the two day conference and click the Workshop session for further details of the parallel sessions within each Workshop session. The venue is the Chancellors Conference Centre, a peaceful and beautiful venue close to the centre of Manchester, with lovely grounds that you can explore. The conference is being supported by **BalanceMaster**. Susie and Dawn have collaborated with BalanceMaster for a number of years in both research and development.



At a cost of only £120 for a two day conference with a scrumptious conference dinner and lunches included, this is one opportunity not to be missed. You will have to organise your own accommodation as this is not included, but we give plenty of advice on this on our webpages.

Click here to find out everything you need to know.

Win one of TWO FREE Registrations for the LLT Conference

We also have a competition for you to win one of TWO FREE registrations for this conference. We want to hear of innovative models of service delivery (anything from new methods and areas of working, new partnerships or novel delivery methods). We want to highlight and disseminate good practice and give other PSIs and EfS Instructors ideas for action.

From the Front Line

An activity interview

"Today I had an interview for a position as an Activity Officer in a residential home for ladies over 70 years of age. I was asked to provide the residents with a 15 minute activity or demonstration. Naturally, I chose to do Chair Based Exercise, as decorating cakes and making cards isn't everybody's cup of tea. I had three residents in wheelchairs and 5 in dining room chairs. The most enthusiastic lady I later found out is usually the most reluctant to attend activities. In the discussion with the Manager afterwards she mentioned that she wasn't aware of how flexible and able some of the residents were. I replied that this is why it is important for carers to be present at exercise sessions so that they can help participants progress between classes. Unfortunately, I found out this morning that I did not get the position."

Avril Williams
(CBE instructor - Cambridge)

Age UK Stop Falling: Start Saving Lives and Money campaign

"I'm not sure if this is useful for you to use for anything (publicity wise etc), but the class featured in the latest AgeUK campaign report [<http://www.ageuk.org.uk/get-involved/campaign/falls/>] is a LLT PSI led one (i.e. it's mine!)."

Clare Strongman
(PSI Instructor - Cambridge)

These are a selection of emails/ letters in from you. We value your opinions and thoughts as it is you that are working at the cutting edge of delivery and you who maybe feeling the strain in terms of the recession and the effect this is having on funded classes etc. Please get in touch with your views.

Music in classes

"As there are now a growing number of what could be termed as 'clinical exercise disciplines' an enquiry was made to the Performing Rights Society (PRS) as to how these types of classes will be classified for use of music licenses. The two disciplines that have so far been discussed are EFS and BACR and the PRS has said that these disciplines will not require a PRS music license. If you are arranging for these classes to take place in existing or new venues then please pass on this information to the person responsible for music licensing at the venue as this will be helpful for completion of PRS license applications and budgeting purposes. Do remember, however, that music used in all exercise classes must be covered by a PPL (Phonographic Performance Licence) music licence or should be PPL-free. Further information on PPL-free music can be found here. [<http://hydro-actif.com/shop/products.aspx?cid=41>]"

Sue Lowe
(Stroke Care Co-ordinator, Cambridgeshire County Council)

SIMON SAYS

Health Questionnaires (Physical Activity Readiness Questionnaires – Par-Q's)

Why do we do pre-exercise health questionnaires, who are they for and what purpose do they serve? I have always been a crusader for ensuring appropriate health screening is carried out before a participant joins an exercise session. It is clearly a crucial part of our duty of care and the only way to screen out those at sufficient risk of an exercise related adverse event to have to have medical clearance before participation. It is (or should be/can be in skilled hands) an opportunity to get to know, encourage and support the individual in their aim to become more active. This is the key! It requires training, skill and experience to prevent the pre-screen experience from becoming a barrier to motivation and participation. My concern is that the training to do this effectively, and the quality assurance required to ensure that this important pre-screen is conducted in a way that is helpful and engaging to a new participant, is currently not available or not effective. Even in the best services, time and resource constraints mean that EITHER (i) this task is delegated to non-health & fitness trained staff and/or the pre-screen information is often not passed on (or acted on) to fitness staff prior to them designing the exercise programme OR (ii) the pre-screen and the pre-exercise assessment process are combined into one long paperwork session which may be very off-putting for the client/patient.

Locally (I work for the Falls team in Cambridgeshire - acknowledged as one of the best in the country), we now have a 3 page ParQ which participants are expected to complete before attending their first class, covering everything from medications & falls history to physical function and walking aids.

But increasingly I wonder what message we may be giving. Also have we simply created a new barrier to

motivation?

In simple terms we have told someone (who has probably had to make some major decisions just to be there) that exercise is dangerous. Also that we need to have 'all this information just to make sure that it is safe for you'.

I understand that combining the pre-exercise health screen & the pre-exercise assessment helps us to engage the individual more effectively and also ensures the initial sessions can then be tailored appropriately for them. I'm also clear about the legal implications (we have to!) but my question is... is the advice we give genuinely shaped by what the participant says on the form or by what we see them doing in performance? Is this individual profile something that is built up as you observe and monitor their performance within the sessions and over time? Our initial and continued advice as tutors of instructors working with vulnerable and/or referred participants is to ensure 'work at your own pace... stop when you need to... If it doesn't feel right then don't do it...' and to intervene as necessary. **So my question is** although the pre-screen is clearly crucial, perhaps many of the aspects/domains of the pre-assessment session could be assessed more effectively once the individual has begun exercising and therefore present less of an intimidating barrier at the start? Maybe we need to have a rethink about how we use PARQs, how they link with the pre-exercise assessment and how they are explained to the participant. Also, importantly, how we should be trained to administer them effectively so that they become part of the pathway to a more active lifestyle.

Finally is this something that LLT might ask the multidisciplinary expert groups of the FIAs Exercise Referral Steering Group & Joint Consultative Forum, Skills Active L4 TEG and REPS to consider on behalf of our sector? It would greatly improve practice for all concerned?

[Comments please](#)

From Our
Tutors

REPS and CPD Points

All CPD is now worth 4 points despite content or level of input, unless it includes a formal assessment. **If any of you have an opinion about this we would like to know.**



This issues contributions are from Simon Hanna (LLT Tutor on PSI, OEP, CBE, MME). [Click here to view online profile.](#)

HIGHLIGHTS FROM RESEARCH

Are FaME and OEP effective as primary care interventions?

Dawn Skelton, Susie Dinan-Young and Bob Laventure are co-investigators on a large National Institute of Health Research Health Technology Assessment research grant. This multi-centre RCT trial in primary care (London and Derby) compares a community group exercise programme (FaME) with home based exercise (OEP) and with usual care for people aged 65 and over. Later Life Training has helped train and update the PSIs delivering the FaME group programme and has helped in the training for the recruitment of the peer activity motivators to support the OEP home based programme. The main outcome of this trial is continuance of exercise after the 6 month intervention, however, secondary outcomes include quality of life, falls and cost effectiveness.

For further information visit the LLT website and search on NIHR. <http://www.laterlifetraining.co.uk/after-life-training-collaborating-on-nihr-research-project/>

In a top-up study funded by the Dunhill Medical Trust, Dawn and Susie are collaborating with the University of Loughborough to look at the effect of the two programmes on bone mineral density. All the patients in the Derby arm of the NIHR trial are also having DEXA scans to see if bone health improves over the 6 months of the programme.



Wiltshire Implementation of EfS

LLT are working with Clare Draper and Trish Cowie from Wiltshire Council to produce a robust audit of the implementation of the EfS programme within the NHS services. Outcome measures will include changes in function, quality of life and stroke impact in Stroke survivors discharged from rehabilitation and moving to community exercise provision.

Working with peer activity motivators in Avon

Bob Laventure is joining forces with the University of Bath in a pilot project funded by the MRC looking at the effect of volunteer peer mentors in engaging and supporting older people to be more active. The project will also consider the views and outcomes for the peer activity motivators themselves.

OEP delivered as a computer rehabilitation game?

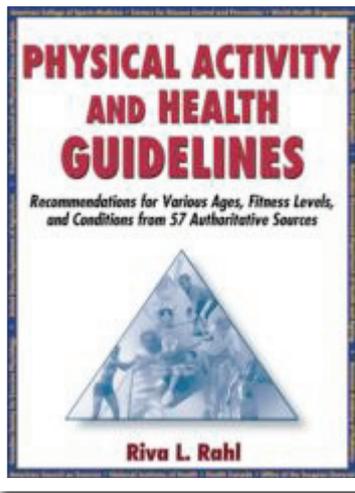
Dawn has two PhD students working with her at Glasgow Caledonian University, looking at developing games for health that can be 'played' by older people on a computer at home. One is considering the best interface for physiotherapists to be able to monitor and



progress the exercise by receiving information on the games usage and the other is looking at the 'top-up' effect the games could have on adherence to the programme and on strength and balance outcomes.

HIGHLIGHTS FROM PRACTICE

New Physical Activity Recommendations for Older Adults



Recent work undertaken collaboratively by the four home countries governments has reviewed the recommendations on how much physical activity is good for our health in the context of recent work in USA and Canada, who had published physical activity recommendations, but were using different wording. The work was led by three expert panels: recommendations for young people (2 – 19), adults (19 – 65) and older adults (65+). The expert panel on older adults included Dave Buchner (CDC Atlanta, USA), Prof Ken Fox (Bristol University), Dr Richard Ferguson (Loughborough University) and our own Dr Dawn Skelton (Glasgow Caledonian University). Additional, complementary work has also been completed to assess the scientific evidence on physical activity in early years, and sedentary behaviours.

Questions for expert review group were:

- Does the scientific evidence continue to support the current physical activity guidelines for the older adult population group?

- Based on the current evidence what, if any, modifications to the PA guideline should be considered?
- Should there be a separate guideline for older people?

That work is now completed and it is expected that a joint Chief Medical Officer's report will be published in June/ July 2011 where, for the first time, there will be separate recommendations for the older adult (65+) population. As we were able to get a sneak preview, we thought we would share with you the main recommendations.



Older Adults should aim to:

- Achieve 150 minutes of moderate physical activity a week (this can be made up of 5 x 30 mins to help make activity habitual)
- Include one to two sessions of specific strengthening and balance training exercise per week to maintain independence and reduce their risk of falls
- Include flexibility and range of motion exercises, if possible daily.

This is an important development and will re-enforce the evidence base of Later Life Training programmes. - So watch this space!

If you are not familiar with the resources and guidelines currently available on the promotion of exercise and physical activity to older people, then click here to visit the BHF NC PAH website.



FALLS FALLS PREVENTION SERVICES IN YOUR AREA DIRECTORY

UK wide Falls Directory launched

Designed for an older adult, or someone supporting an older adult, who is looking for a local falls prevention services, the Falls Directory offers the chance to search for services including exercise classes by postcode. There is also an advanced search option using street, town/city, region and the facility to filter results based on

the kind of service being sought.

For PSI and OEP Leaders, this directory provides a FREE listing of their name, address, email, telephone number and their qualification. For those of you who want a bit more exposure, for an incredibly small amount per month you can list class locations

and times or even set up your own webpage. It is also a service that lists other falls prevention services (home visits, outpatient clinics, falls prevention teams, fall alarms services etc). If you are a Falls Prevention Service Provider, please do search for your service and add it if it's not already listed.
Visit : <http://fallsdirectory.com/>

Active Ageing Resources available



In 2010, the BHF NCPAH has been working with a variety of partners to promote Active Ageing. For example, under the Full of Life banner, the government and other groups supported UK Older People's Day, which took place on the 1st of October to coincide with the UN International Day of Older Persons. This year the theme was "getting and staying active in later life".

The resources on the BHF NCPAH website include:

- **Active Ageing Events Coordinators Planning Guide:** Includes a six step approach to planning local events and activities and is designed for those who are planning and coordinating local Active Ageing events.
- **Active Ageing Ideas for Action:** A resource which may help generate different physical activity promotional ideas for your local Active Ageing events.
- **Guide to Active Ageing Promotion:** Includes helpful hints on physical activity promotion, promotional materials and guidance on how to work with the media to secure coverage of your

Active Ageing activities and events and spread the Active Ageing message.

- **Active Ageing Community Organisations Guide:** Resource for use by local community organisations and groups so that they can organise their own Active Ageing event.

A series of promotional materials and downloadable resources that you can use to promote your own Active Ageing event are also available. These include, banner headings, logos and buttons as well as electronic newsletter templates and powerpoint presentations, marketing strategies and press releases.

[Click here for more information](#)



Cambridge City Forever Active and Falls Prevention: Case study



The Forever Active scheme works closely with the Falls Prevention Service to deliver exercise sessions within Cambridge City for the 50+ age group. The scheme has recently restructured the chair based sessions within the programme to a four level structure – chair based classes (CBE - predominantly residential), chair based + (including optional standing), Strength and Balance classes (OEP) and Strength and Balance Plus classes (PSI). Level 5 classes are sessions for the Active 50+, such as exercise to music, aqua, pilates and sports specific. This new structure has enabled Instructors to be specific with regard to the exercises delivered within the classes and has made referrals from Health Professionals onto the classes a lot more straight forward, with regard to knowing which class will be suitable. The only draw back is that participants are often keen

to attend a class, which is local to them, or where their peers attend rather than one which is best suited to their level of ability.

Following this restructure, the Forever Active scheme was successful with a funding bid to Comic Relief to run 4 PSI classes within the City, in partnership with the Falls Service. The Tinetti Scale and ConfBal questionnaires have been undertaken at each of these new classes in order to obtain a base line of participant's abilities and then will be repeated again in two months. It is hoped that evidence will be gained with regard to the effectiveness of these classes and hopefully help the scheme to secure further funding.

A exciting new class has also been the 'Bone Zone' class, which has been set up as an evening class aimed at people who have, or are at risk of osteoporosis. These evidence-based exercises are delivered in a circuit style format. The class has been promoted within the local community

Following on from many requests, the Forever Active launched an exercise DVD for the 50+ market. Copies are available to purchase for Instructors as well as participants alongside the other merchandise sold, such as the home based exercise booklets, resistance bands and T-shirts. Further information about the Forever Active scheme can be found at:
<http://www.forever-active.org.uk>

as well as specifically to health professionals who work within the bone density unit at Addenbrookes and the Osteoporosis Society to promote to their Clients. The class is in it's early stages and numbers are taking a while to pick up but this class targets those 'younger' over 50's who have or are at risk of developing osteoporosis and for whom there isn't really any targeted exercise provision.

Helen Johnston
Forever Active
Development Co-ordinator

PS: Forever Active won the Living Sport 'Power of Sport' award for making changes to people's lives through sport – Congratulations to Helen and her team.

See link: <http://www.livingsport.co.uk/news/7083/sports-awards-2010-winners-announced>

Active Ageing Seminar 22 June 2011

This seminar is brought to you by the British Heart Foundation National Centre for Physical Activity and Health, Vida Wellness and Later Life Training. The Active Ageing Seminar 2011 will inform and inspire all wellness professionals who work with older adults. The seminar will be held at the Woburn House Conference Centre, Tavistock Square in London. For further information visit: www.vidanetwork.co.uk and online booking is available at www.activeageingseminar2011.eventbrite.com



Last few places!

National Falls Awareness Week 20-24 June 2011

This year, Age UK's 'Fall Awareness Week' is highlighting the link between poor vision and falling through the theme 'Watch Your Step'. In addition to promoting strength and balance exercise (as always) they will be encouraging event-holders and participants to have a bit of fun with their 'wrong glasses' template.



If you are running a special event, a taster exercise session or any other promotional activity, all you need to do is register your class as an event and send off for their promotional materials.

For more information, view Age UK at <http://www.ageuk.org.uk/health-wellbeing/national-falls-awareness-week/>

12th International Conference on Falls and Postural Stability 9 September 2011

The programme for 2011 continues to offer a first class scientific format featuring presentations from distinguished speakers tackling topics highly relevant to everyday clinical practice. This year's speakers include three of the top falls researchers worldwide, Professor John Campbell from New Zealand, Professor Stephen Lord and Professor Jacqueline Close from Australia. We will also have a lively debate on FRAX and NOGG. Once again the conference offers an excellent forum for researchers to present their work be it the results of audit, research, or service evaluation. The format gives opportunity for those with less experience to discuss with colleagues in a supportive environment. Prizes will again be awarded during the conference for the best abstract submitted. For further information, visit: <http://www.fallsbonehealth.ukevents.org/>



Events

Dates for your Diary 2011



WORLD CONGRESS ON ACTIVE AGEING

GLASGOW • 13-17 AUGUST 2012



8th World Congress on Active Ageing 13th – 17th August 2012

The British Heart Foundation National Centre for Physical Activity and Health, in partnership with Glasgow Caledonian University, are hosting the 8th World Congress on Active Ageing following the Olympics in 2012. Held every 4 years, this is the first time the event has been hosted in the UK. The Legacy of both the Olympics (2012) and the Glasgow Commonwealth Games (2014) is to raise physical activity levels across the whole age range. However, the world's media will be inundated with images of young (and

disabled) people striving to perform and compete and to be the best they can at the 2012 London Olympic Games. The WCAA will highlight research and practical ways to encourage and engage older people to be physically active. This will include the needs of the frailest oldest old as well as the elite veteran athletes. The Congress will be held at the Scottish Exhibition Centre in Glasgow and will also include many Active Ageing events and an Experience Zone to allow older people and practitioners to experience



the many forms of activity and exercise available to the range of abilities and interests of older people. Dawn Skelton and Bob Laventure, from LLT, are running the event. For further information, visit: <http://www.wcaa2012.com/>

