

Who is the CBE qualification suitable for?

- ✓ Social care/ health care support workers
- ✓ Sheltered housing wardens
- ✓ Activity leaders
- ✓ Volunteer workers
- ✓ Older people/residents
- ✓ Qualified Exercise instructors (reduced 2 day course with accreditation of prior learning)

What settings are best suited for CBE?

- ✓ Day centres
- ✓ Sheltered housing
- ✓ Residential care
- ✓ Community/leisure provision
- ✓ 'Holding groups' for Otago & PSI (falls prevention programmes)
- ✓ In the home with volunteer workers



Why consider provision of Chair-based exercise for your service users and clients?

Chair-based exercises have been shown to have a beneficial effect at maintaining or promoting independence and mobility in older people. The range of improvements demonstrated in research trials, lasting 8 weeks or longer considering chair-based seated and chair-assisted standing exercises in both community dwelling and frail institutionalised older people are wide ranging and include;

- ↑ Ability to perform everyday tasks
- ↑ Strength & power
- ↑ Flexibility
- ↑ Balance and ↓ Risk of fall
- ↓ Depression, arthritic pains and fatigue
- ↓ Body Fat
- ↓ Postural hypotension

(Full article and references appearing in Sportex Health magazine, available on request)

www.laterlifetraining.co.uk

info@laterlifetraining.co.uk

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

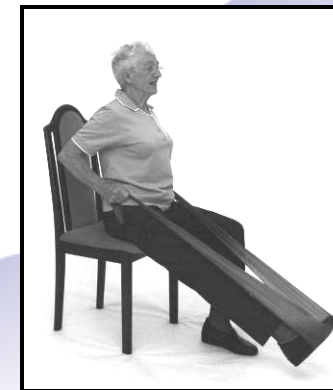
Registered Office: Later Life Training Ltd, 71 Duke Street, Mayfair,
London W1K 5NY, UK

HEALTH PROMOTION

LaterLife training.

CYQ Award in Chair-Based Exercise for the Frailer Older Person

Bespoke courses for health and/or care support professionals and exercise professionals, working with older, frailer people



Level of Qualification aligned with;

NVQ Level 2 in Care
NVQ Level 2 in Exercise & Fitness
20 REPs CPD points



Course Duration

4 full days (9am - 5.30pm) including 1 day of assessment. The course runs over a minimum 4-week period to allow task-orientated practice prior to assessment.

*2 days for qualified fitness instructors.

Content

Candidates will learn key competencies of:

- Leading the 17 exercises of the CBE programme in a pre-set order.
- Adhering to the specific order and progressions of the CBE exercises.
- Relating the practice to the theory elements; underpinning knowledge for exercising the frailer, older adult, falls in the ageing population, adaptations for exercise and specific medical conditions of ageing.

Assessment

- Completion of open book worksheets, to be marked and returned by tutors during the course
- Day 4, assessment of practical competencies; leading five exercises of the set programme, including submission of written lesson plan and self evaluation

Cost Options

- £382 + VAT (**£410 + VAT from 1st April 2012**) per candidate and includes course manuals, assessment & certification.
£295 + VAT (**£310 + VAT from 1st April 2012**) for the two day APA course.

Certification

Successful candidates will receive a CYQ Certificate. 20 REPs CPD points.

Continuing Professional Development Days

We currently run 3 CPD days – at a cost of £110 + VAT
CPD1: Strength
CPD2: Progress
CPD3: Assisted Walking and Games
These receive 4 REPS points.

The CBE Qualification

The Department of Health, as part of an exercise continuum for frailer, older people, originally funded the CBE qualification. Leicester College administered the CBE Course until early 2009. (<http://www.laterlifetraining.co.uk/page4.html>)

The course acknowledges that, because it is appropriate for a diverse selection of occupations, there are also diverse requirements in knowledge and skills that our tutors need to fulfil during training. To this end, the course is available as a 2 day course to existing exercise instructors already holding an NVQ in Exercise and Fitness, and a 4 day course for those with no prior learning of this subject.

Most importantly, the course is designed to be fun and enjoyable; after all, this is THE key requirement in leading this award so that older, frailer people will want to remain engaged in the programme.

CBE is versatile; it can go anywhere, is appropriate for so many different settings and individuals and for many older people this is the only structured exercise opportunity available to them.

If you work with older people, this qualification will provide extremely rewarding opportunities for you, and your service users.

We look forward to hearing from you.



How to Apply

- Enrol as an individual
- Or
- Become a 'Host Organiser' for a bespoke course in your workplace or local venue.

Please contact:

The Administrator
Later Life Training Office
Mountgreenan, By Crianlarich,
Perthshire, FK20 8RU.

Tel: 01838 300 310
info@laterlifetraining.co.uk

HEALTH PROMOTION

laterLife
training

Exercise for Frailer Older Adults & Falls Prevention

Later Life Training provide training for; therapists, fitness professionals and support workers to deliver evidenced based exercise, (appropriate to their role), to older people and as part of falls prevention exercise pathways. Other courses include;

- **Otago Home Exercise Programme** (REPs Level 2)
- **Postural Stability Instructor** (REPs Level 4)
- **Motivate Me** (REPs Level 2 & CPD L4)
- **Exercise After Stroke** (REPs Level 4)