



1st Steps in Dementia

Part of the Later Life Training Continuum

The Later Life Training Continuum



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/>

SkillsActive
Shaping Skills for the Future



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

laterLife training.

DEMENTIA

1st Steps in Dementia

Training and education in promoting physical activity and exercise

For professionals and volunteers
involved in promoting active ageing,
physical activity and exercise with
people living with dementia©



SkillsActive
Shaping Skills for the Future

✓ Introduction

1st Steps in Dementia is a key component of LLT's Continuing Professional Development (CPD) Programme, and underpins LLT's unique Training Continuum for professionals supporting all older people to be more active.

The LLT 1st Steps in Dementia one day training course teaches professionals how to increase uptake and adherence to physical activity by people living with dementia. It uses a sound understanding of evidence-based, best practice strategies and how to implement them effectively into programming of exercise and physical activity. It also provides learners with the opportunity to review their own current practice in this exciting and emerging field of physical activity promotion. LLT also design bespoke 1st Steps in Dementia courses to meet the needs of people and professionals in specific services and settings.

DEMENTIA

✓ 1st Steps Evidence

1st Steps in Dementia is underpinned by evidence of the effectiveness of exercise programs summarised in the Cochrane Review (Forbes 2013) and the Dementia Care Pathway (NICE 2013). These highlight that exercise programs may have a significant impact on improving cognitive functioning and the ability to perform activities of daily living in people with dementia. Additionally, the burden experienced by informal caregivers may be reduced if they supervise their family member with dementia during participation in an exercise programme. There is a need for exercise teachers to adopt an active treatment approach (Teri 2008), including problem solving, communication and pleasant events. It encompasses approaches to person centred planning.



✓ Accredited & Endorsed

1st Steps in Dementia is endorsed by Skills Active (6 REPs CPD points). On completion, learners receive a LLT Certificate of Attendance. 1st Steps in Dementia is aligned with The International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults (2004).



✓ Who is the 1st Steps course for?

The 1st Steps in Dementia CPD day is designed for a wide variety of people. It is up to you to check that your insurance covers you to work with people diagnosed with Dementia:

- L2-L4 Exercise Professionals*
- Physiotherapists, Occupational Therapists
- Rehab/T1 Assistants
- Movement and Dance Teachers
- Walking Programme Co-ordinators and Walk Leaders
- Health/Social Care Support Workers
- Active Ageing Professionals
- Sports Coaches and Leaders
- Physical Activity, Recreation and Sports Development Officers
- Volunteers/Senior Peer Mentors

✓ 1st Steps Settings

Physical activity and exercise interventions can take place at any time within an individual care plan (eg, a Dementia Care Pathway), including:

- Exercise referral pathways and programmes
- Dementia services care planning
- Condition-specific programmes (eg. falls prevention, stroke)
- Rehabilitation/Re-enablement programmes
- Residential and Care sector programmes
- Home Based physical activity programmes

* See website for REPs pre-requisite requirements

✓ Course Content

This CPD course covers:

- Understanding physical activity and dementia
- Supporting evidence and priorities
- Principles of programme planning and person centeredness
- Problem solving - communication skills and activities
- The impact of the environment
- Key programme components – aerobic activity, strength and balance
- Motivation and the role of carers
- Implications for professional's own practice



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 always provide enjoyable and engaging training of the highest quality for all of our learners (see testimonials on the website)

LLT directors are internationally recognised experts in the fields of exercise, ageing and disease

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

LLT is renowned for its ability to up-skill learners to a high level of practical competence for a diverse range of settings

LLT is the only training provider delivering a continuum (Level 2 to Level 4) of evidence-based training plus an extensive CPD programme

Get started today...

For more information about costs, dates, how to enrol on a 1st Steps CPD day, 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.

Name:

Address:

Telephone:

Email:

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

BE SURE YOU WILL MAKE A DIFFERENCE TO THE LIVES OF PEOPLE LIVING WITH DEMENTIA. KEEP UP TO DATE WITH LLT TODAY.