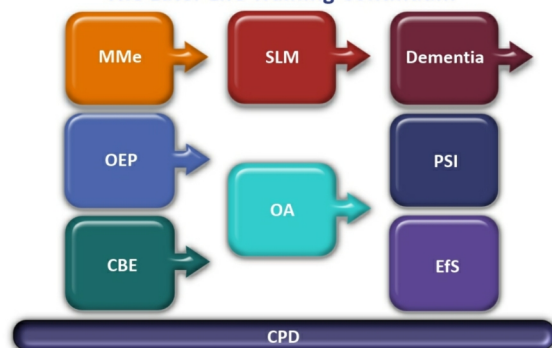




Chair-Based Exercise Leader

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/>



Tel: 01838 300 310 Email: info@laterlifetraining.co.uk
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 its translation into national qualifications for health and exercise professionals

laterLife training.

CBE

Chair-Based Exercise Qualification

for Older Adults and Disabled Adults

'Sit Tall, Stand Strong' ©



SkillsActive
Shaping Skills for the Future



Introduction

LLT is the international leader in this specialist field of Chair Based Exercise (CBE). The NEW updated CBE qualification, developed by Skills for Care and CYQ in conjunction with LLT, was launched in January 2013 and is available NOW.

CBE

The LLT CBE training course teaches exercise leaders to be knowledgeable and competent in delivering the 22 exercises that make up the LLT evidence based 'Sit Tall, Stand Strong' CBE Programme.

Accredited & Endorsed

Skills Active endorsed (16 REPs CPD points). Evidence based content is mapped against the new Skills for Care CBE units and relevant NVQ units (NVQ Level 2 in Care and NVQ Level 2 in Exercise & Fitness). It is also aligned with international best practice guidance for physical activity with older adults and disabled adults. Successful candidates receive a CBE qualification certificate.



What's New?

- New learner resources
- New social care best practice element
- Now includes how to adapt LLT's CBE programme for older disabled adults
- 5 new exercises (endurance & strength)
- New Functional Model with teaching adaptations for functional movement impairments.

Who is the CBE qualification for?

4 Day Course (including assessment)

- Social/Health Care Support Workers
- Sheltered Housing Wardens
- Activity Co-ordinators
- Rehab/T1 Assistants
- Sports Coaches
- Dance Teachers
- Volunteers/Senior Peer Mentors

2 Day Intensive Course (including assessment)

- Improved physical activity
- L4 Specialist Exercise Instructors *
- L3 Exercise Referral Instructors *
- Physio/Occupational Therapists
- Rehab/T1 Assistants (in NHS services)
- Sports/Exercise Scientists
- Exercise Rehabilitation Instructors (MoD)*

CBE Evidence

Improvements demonstrated in research trials (see website) include;

- Improved mobility
- Improved strength
- Improved ability in everyday tasks
- Improved stamina and energy levels
- Improved mood
- Increased confidence & independence
- Increased social interaction
- Reduced joint pain



CBE Settings

- Day centres/luncheon clubs
- NHS Physio departments & ward settings
- Sheltered housing
- Residential care
- Community halls/centres
- Leisure centres/health clubs
- GP Referral Programmes
- Home Based Programmes



Why chose Later Life Training?

LLT is a national training provider who for over 10 years have worked effectively with local commissioners and service managers

LLT is the original CBE course authors (development funded by DoH 1999)

LLT directors are internationally recognised experts in research and practice in the fields of exercising, ageing and disease

LLT tutors are all currently active within NHS and community 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 always provide an enjoyable and engaging experience for all of our learners (see testimonials on the website)

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 to

For more information about costs, dates, how to enrol on a CBE course, 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 ARE INSURED TO WORK WITH OLDER PEOPLE AT RISK OF FALLS. GET QUALIFIED WITH LLT TODAY.