ABOUT LATER LIFE TRAINING

The founders of Later Life Training (LLT) are internationally recognised experts in exercise and ageing. At the cutting edge of research and service development, they have a proven track record in translating evidence and best practice guidance into safe, effective, progressive exercise programmes in clinical and community exercise settings within NHS Health and Wellbeing pathways across the UK.

OUR COURSES

LLT courses have been developed by multidisciplinary experts and are informed by research evidence and international best practice guidance. LLT has an unrivalled network of multidisciplinary expert reference groups to ensure we are delivering fit-for-purpose training courses of the highest standard. What sets LLT’s courses apart is the focus on practical skills where sport and exercise science are integrated with therapy-based approaches to provide exercise tailored to individual clinical and functional need. This facilitates effective transition on from primary and secondary care services to voluntary and non-governmental providers to ensure effective dose and progression of exercise and a seamless exercise pathway for older adults.

LLT qualified professionals deliver best practice evidence based training for health commissioners, GPs, allied health, social care and leisure and recreation professionals. The key to LLT’s success is the high standard of tutoring combined with current clinical exercise expertise and an understanding of exercise referral pathways and national and local multiagency partnerships.

Our Courses

- PSI
- EF5
- OA
- OEP
- CBE
- Dementia
- MM e
- SLMe
- FF MOT
- LLT Conference

CONTINUAL PROFESSIONAL DEVELOPMENT

With LLT qualified practitioners you can expect high quality training informed by evidence based, best practice guidance - essential for effective partnership working with referring health professionals.

WHAT WE DO

We deliver a continuum of education and training to health and social care professionals addressing agendas concerning: frailty, falls prevention, dementia, stroke survivors of all ages, older people and maintenance of independence, in doing so reducing the burden on NHS and social services. We are committed to promoting independence and quality of life through improving function and encouraging participation in movement and exercise in a variety of settings.
Solutions for longer-term recovery

Addressing risk factors for secondary provision

Promoting self-management approaches

Focus on functional movements to increase & maintain independence

Solutions for longer-term recovery

Addressing frailty agendas by reducing sarcopenia

Proven efficacy in both primary and secondary prevention of falls

54% of falls services across the UK use a trained PSI (RCP Audit 2011)

Proven to increase habitual moderate physical activity (12mths post intervention)

Postural Stability Specialist Instructor Qualification (PSI)

Recommended in the ‘Exercise and Fitness after Stroke Guidelines 2010’

Exercise and Fitness after Stroke Specialist Instructor Qualification (EFS)

Proven to reduce falls in people with Parkinson’s Disease

For Stroke Survivors of all Ages

For Frailer Older People

A portfolio of independent service evaluations assessing the outcomes of these programmes in a variety of settings is available

LLT equip instructors to specifically tailor exercise for stroke impairments - one size does not fit all

CONTACT US WWW.LATERLIFETRAINING.CO.UK INFO@LATERLIFETRAINING.CO.UK 01838 300310