

Proudly Announcing 'The LLT Game Changer Awards', Recognising and Rewarding Exemplar Practice (UK)

The LLT Game Changer Awards are inspired by, and in memory of Alan Skelton.

Without him, LLT would never have existed or prospered.

These are for you Alan, thank you.

At Later Life Training we find ourselves talking a lot to commissioners and service leads about evidence-based practice (EBP). We do this because translating research into practice is hard work, requires coordination and planning but it is unfortunately becoming common practice to *cut corners, dilute best practice and provide evidence 'tinged' exercise programmes*. Of course we understand why this is and fully support physical activity opportunities of any kind. But at LLT we are big advocates of striving for more. The step beyond 'something being better than nothing' can be achieved and is being achieved.

Our Game Changer Awards aim to showcase these achievements, promote them, and use them to inspire others to follow and take the extra step towards greater gains and health outcomes for older people and stroke survivors. **Because we are asking you to raise the bar on evidencing your work, we are raising the bar on the incentive to share it with us, so we can then inspire others and show case the results that exemplary practice can bring.**

Who is eligible for the LLT Game Changer Awards?

Any **LLT Qualified** exercise instructor or anyone who has attended our FFMOT or 1st Steps in Dementia training are eligible to submit their evidence of 'game changing' practice for an older person or stroke survivor. There are THREE levels of Award:

Game Changer Gold	receives £700 cash reward
Game Changer Silver	receives £300 cash reward
Game Changer Bronze	receives limited edition LLT t-shirt

NB: The three award levels acknowledge the work required to gather the evidence of your work. We are not suggesting that anyone is better at their job than others ☺

How do the LLT Game Changer Awards work?

- You nominate yourself for the award, you will need the agreement and permission from your participant/client in order for their game changing progress to be captured through interview and video footage, and shared on LLT Facebook, Twitter and conferences.
- Each level of award has criteria to be evidenced
- There is no minimum or maximum number of awards that could be awarded. LLT reserve the right to award 'many' or 'no' awards in any calendar year
- You can submit your evidence at anytime following the submission guidance
- Submissions will be judged **twice** per year; October and April. Submissions are to be received in the LLT office by 31st March and 30th Sept each year.

The LLT Game Changer Awards: Entry Terms and Conditions

1. Game Changer Award Eligibility

1.1 Game Changer submissions should be informed by EBP programmes delivered by LLT to our target audience i.e. older people, stroke survivors, people living with dementia. The following people are eligible to submit their nominations for any three levels of the Game Changer Awards;

- ✓ Any LLT Qualified exercise instructor of any profession
- ✓ Any person who has attended FFMOT or 1st Steps in Dementia LLT training

2. Entry/Submission Evidence

NB: Permission from participants for video's, photographs and their use on LLT social media and conference activity must be sought and written evidence provided to LLT.

2.1 Game Changer Gold; receives £700 cash reward when the judges have deemed all criteria of this level to have been met, and that in their opinion the evidence submitted is worthy of this level of award.

2.1.1 Evidence required for the Gold level Game Changer Award to be considered;

- ✓ TWO short video's (before and after programme delivery) evidencing baseline and post programme functional movement using appropriate outcomes measures.
- ✓ ONE short video of the participant, saying how your work has impacted on them and describing why you should receive the Game Changer GOLD Award. The name and telephone number of the person must be provided.
- ✓ Max. 500 words outlining goal setting conversation and outlining goals agreed and a precise of gains made post programme (behavioral, functional movement, confidence, QOL as pertinent to the person). Outline of the programme content/design you recommended and why, and a timeline of gains achieved.
- ✓ Max. 150 words summarising the persons current physical activity and exercise habits/behaviours and how these have changed since your programme delivery.
- ✓ A still photograph of you and your participant (preferably smiling!).
- ✓ Permission to publish photographs and testimonial on LLT website, social media and conference.

2.2 Game Changer Silver, receives £300 cash reward when the judges have deemed all criteria for this level to have been met and that in their opinion the evidence submitted is worthy of this award.

2.2.1 Evidence required for the SILVER level Game Changer Award to be considered;

- ✓ ONE short video evidencing post programme functional movement using appropriate outcomes measures, plus a description of pre-programme outcomes measure results.
- ✓ A written testimony by the participant saying how your work has impacted on them and describing why you should receive the Game Changer SILVER Award. The name and telephone number of the person must be provided.
- ✓ Max. 500 words outlining goal setting conversation and outlining goals agreed and a precise of gains made post programme (behavioral, functional movement, confidence, QOL as pertinent to the person). Outline of the programme content/design you recommended and why, and a timeline of gains achieved.
- ✓ Max. 150 words summarising the persons current physical activity and exercise habits/behaviours and how these have changed since your programme delivery.
- ✓ A still photograph of you and your participant.
- ✓ Permission to publish photographs and testimonial on LLT social media and conference activity OR permission for LLT judge to call the person to validate their testimonial and for them to be quoted by name (if video/photo's not agreed).

2.3 Game Changer Bronze, receives limited edition LLT t-shirt when the judges have deemed all criteria for this level to have been met and that in their opinion the evidence submitted is worthy of this award

- ✓ A WRITTEN testimony by the participant saying how your work has impacted on them and describing why you should receive the Game Changer BRONZE Award. The name and telephone number of the person must be provided.
- ✓ Max. 300 words outlining goal setting conversation and outlining goals agreed and a precise of gains made post programme (behavioral, functional movement, confidence, QOL as pertinent to the person). Outline of the programme content/design you recommended and why, and a timeline of gains achieved.
- ✓ Max. 150 words summarising the persons current physical activity and exercise habits/behaviours and how these have changed since your programme delivery.
- ✓ A still photograph of you and your participant
- ✓ Permission to publish photographs and testimonial on LLT social media and conference activity OR permission for LLT judge to call the person to validate their testimonial and for them to be quoted by name (if video/photo's not agreed)

3. Submission Format

3.1 Written evidence (text requirements detailed above) should be submitted as ONE word document not exceeding the word counts stated.

3.2 Your submission should evidence clear pre and post programme gains/impact including timeline (dates of start and end point assessment)

3.3 All written submissions should include an introduction stating;

- ✓ Your name and email and the level of award you are nominating yourself for (Gold, silver, bronze)
- ✓ The service you work for (if applicable)
- ✓ The county and locality you work
- ✓ Your participants name and telephone contact number
- ✓ The LLT qualification/s you hold or CPD you have attended (with approx. date)

3.4 Video submissions

3.4.1 For GOLD and SILVER submissions video footage is required. Please follow our video guidance;

- ✓ Video footage should not show people who have not agreed to appear in video footage
- ✓ Each video should include the participant stating their name and also you stating your name
- ✓ Once you have video footage to submit, notify Louise in the LLT office info@laterlifetraining.co.uk and she will arrange how to get this video footage from you.

3.5 Game Changer's as Teams

3.5.1 If you are part of a team or work in partnership with another person and feel this award is a joint effort, please provide the names and emails of all instructors/professionals involved in being the Game Changers for your participant. Please note that any cash prize awarded will be paid to ONE single account and LLT are not responsible for its distribution across a team of people.

3.6 Results/Announcement of Winners

3.6.1 You can submit your nominations at anytime in the year.

3.6.2 LLT judges will review all submissions twice yearly; October and April.

3.6.3 LLT judges reserve the right to decide if submissions warrant the level of award nominated for, and may award either lower or higher ranking awards depending on the evidence submitted.

3.6.4 Successful nominations will be contacted by either telephone or email a maximum of 1 month after judging.

3.6.5 For successful nominations receiving a cash reward, LLT will request bank details for payment.

3.6.6 LLT reserve the right to decide that NO submissions are of sufficient standard to warrant any award.

Submission Layout Example

Name: Bex Townley

Award nominating for: LLT GOLD Game Changer Award

Contact: bex@laterlifetraining.co.uk

Telephone: 000100001

LLT Qualification held/CPD attended: PSI – 2006, EfS – 2007, CPD – various

Service work: I am self employed and run 14 sessions per week with older people and stroke survivors

My participants name: Mr/Mrs J

Participants email contact: xxxx

Telephone: 000020002

- I have TWO short video's that I wish to upload to dropbox or wetransfer as requested in the GOLD criteria
- I have ONE short video of the participant saying how my/our work has impacted on their lives to upload to dropbox or wetransfer

Outline of goal setting conversation/goals agreed and a precis of gains made post programme (behavioral, functional movement, confidence, QOL as pertinent to the person) Outline of the programme content/design you recommended and why, and a timeline of gains achieved
(Max. 500 words):

xxxxx

Summary of the persons current physical activity and exercise habits/behaviour's as a result of my intervention/programme
(Max 150 words):

xxxxxx

I have a still photograph of myself and my participant to upload to dropbox – send by email.

I have written permission to publish photographs and testimonial on LLT social media and conference activity , that I can upload to dropbox/or email to you