



Otago Exercise Programme
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/>



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

**laterLife
training.**



OTAGO Strength & Balance Exercise Programme

Exercise Leader Course for professionals
working with Older Adults at low risk of falls



SkillsActive
Shaping Skills for the Future



✓ Introduction

LLT is the international leader in the specialist field of Falls Prevention Exercise for Frailer Older People. The OTAGO Exercise Programme (OEP) is recognised worldwide by health, social care and exercise professionals. Developed in 2008 by LLT in collaboration with the authors of OEP, Professors Campbell & Robertson (University of Dunedin, Otago, New Zealand). This course is only delivered by LLT, in the UK and Europe, is kept updated with new evidence and is available blended in a new format of online and face to face learning.

OEP

✓ Accredited and Endorsed

The LLT OEP course trains health professionals and exercise leaders to be knowledgeable, competent and confident in leading the 24 exercises that make up the pre-set OEP. L2 OEP Leaders working in fitness settings should lead sessions as part of an agreed partnership with, or therapy led intervention complying with best practice protocols and clear governance. The OEP evidence-based content is mapped against the relevant NVQ units (NVQ Level 2 in Care and NVQ Level 2 in Exercise & Fitness) and the Skills Active National Occupational Standards for Exercise for Older Adults. It is also aligned with International Best Practice Guidance for Physical Activity Instruction with Older Adults and Disabled Adults. Successful candidates receive an LLT Certificate.



✓ New Course Format

- Minimum 8 hours pre-course, online learning tasks
- 1* or 2** face to face days
- 1 day practical assessment

✓ Who is the OEP Course for?

A L2 OEP Leader will gain skills to lead the pre-set programme of exercises to older people who have been screened as suitable by an appropriate health professional and agreed as part of the wider service delivery. The evidence based training course is suitable for a range of professionals who work in partnership with physiotherapy and falls services. Course duration is dependent on experience and specific service training needs. LLT will work with you to bespoke a course duration appropriate for your learners.

Course duration (**2 days plus practical assessment) for;

- Social/Health Care Support Workers
- Sheltered Housing Wardens
- L2/L3/L4 Exercise Instructors
- Activity Co-ordinators
- Rehab Assistants
- Sports/Exercise Scientists
- Exercise Rehabilitation Instructors (MoD)
- Occupational Therapists

Shorter duration course (*1 day plus practical assessment) for;

- Physiotherapists
- T1 Assistants

✓ OEP Evidence

The programme has been evaluated in both research and routine healthcare services and cost effectiveness has been established. It is most effective with those over 80 years of age and those with a previous fall.

Improvements demonstrated in research:

- Reduced falls (community dwelling OP)
- Reduced injury due to falls
- Improved balance & strength
- Improved cognition (executive function)

Additionally, strength/balance exercise shows:

- Improved ability in everyday tasks
- Improved stamina and energy levels
- Improved mood
- Increased confidence & independence

✓ OEP Settings

Working in partnership with physiotherapy teams and appropriate referrers

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



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 develop all training based on evidence and in collaboration with the original evidence authors

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 are 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 an OEP 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**