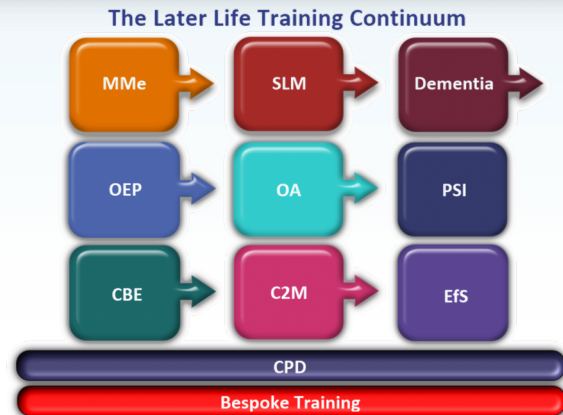




Chair-Based Exercise Leader

Part of 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 Course

for Older Adults and Disabled Adults

'Sit Tall, Stand Strong' ©



* Reps members only -
L3 Older Adults pre-requisite required

SkillsActive
Shaping Skills for the Future



✓ Introduction

LLT is internationally recognised for its evidence based exercise interventions for specialist and clinical populations and for its translation into national qualifications for health, social care and exercise professionals.



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.

✓ Endorsement

This training course is aligned with international best practice guidance for physical activity with older adults and disabled adults. Evidence based content is mapped against Skills for Care CBE units and relevant NVQ units (NVQ Level 2 in Care).



For exercise instructors who are on REPS and already holding a L3 Older Adult Qualification, the chair based exercise-training course is endorsed as 16 CPD points.

✓ Course Content

- Physical Activity, Ageing & Disability
- Skills to lead the 22 exercises effectively and safely
- How to adapt LLT's CBE programme for older disabled adults
- Key theory behind planning and leading a safe exercise session to older people and disabled adults
- 5 new exercises (endurance & strength) introduced in 2012
- Functional Model with teaching adaptations for functional movement impairments

✓ Who is the CBE Course 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)

- Qualified L2, L3, L4 Exercise Instructors *
- Physio/Occupational Therapists
- Rehab/T1 Assistants (in NHS services)
- Sports/Exercise Scientists
- Exercise Rehabilitation Instructors (MoD)

* Additional pre-requisites apply to exercise professionals on REPs

All applicants are requested to ensure they hold valid insurance to lead chair-based exercise to older people and disabled adults prior to enrolling onto a course.

✓ 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

* Exercise instructors on REPs require additional pre-requisites



Why choose Later Life Training?

LLT is a national training provider who for over 13 years have worked effectively with local commissioners and service managers

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

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

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 tutors have extensive experience of working within NHS, private/community services across the UK

Get started today...

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**