



## Functional Fitness MOT



### Functional Fitness MOT Impact Evaluation

Whilst the training was hosted at the BHF NC there were over 30 training days reaching over 600 professionals and 5 Physiotherapy specific training days reaching over 125 physiotherapists, members of AGILE. The BHF NC have published an Impact Report on the use of the FFMOT, including many case studies and local evaluations.

54% of those attending report using the functional fitness messages for inclusion/redesign of local programmes and 28% report changes to public facing materials (eg. leaflets, posters, and programme fliers). Most MOT events attract up to 20 people, but some local agencies have been successful in holding events with as many as 90 participants in one day. Professionals are using the training to deliver Functional Fitness assessments in a variety of settings, including sheltered and supported accommodation, GP practices, hospitals, universities and community venues and leisure centres.



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For more information about costs, dates, how to enrol, become a local 'Host Organiser' or about how LLT can design a course in your local service/workplace call us on **01838 300310**

Visit our website [www.laterlifetraining.co.uk](http://www.laterlifetraining.co.uk)

Or write to us at Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT



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## FUNCTIONAL FITNESS MOT

To provide professionals with a functional fitness toolkit and the skills to discuss components of fitness and the physical activity guidelines with older people to educate and motivate themselves





## ✓ What is the Functional Fitness MOT?

The FFMOT is a person-centered brief behaviour change intervention that aims to educate older people about the different components of fitness necessary for independent living. It introduces the physical activity guidelines for health and the avoidance of prolonged sitting, and provides an age friendly motivational discussion about local opportunities to become more active and ideas for action at home.

The FFMOT tool uses seven different physical function tests to give older people an idea of how their fitness compares with their peers. The results of these tests can be used to discuss the different components of fitness and highlight an individuals' strengths and weaknesses.



## ✓ Functional Fitness MOT training format

The one day course focuses on

- Highlighting the importance of functional fitness and the physical activity guidelines
- Undertaking a Functional Fitness MOT with each other
- Assessing and interpreting the results and having a conversation about taking action
- How to plan local MOT events and activities

Participants are provided with a Functional Fitness MOT resource pack and prior to or after the course participants can download the toolkit, which can be adapted locally.



## ✓ Who is the Functional Fitness MOT training for?

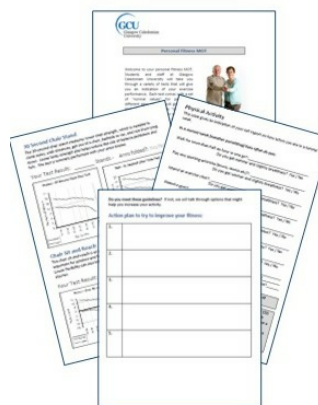
This one day practical course is designed for anyone working with older people to increase physical activity levels, strength, balance and co-ordination. This includes physical activity practitioners, active ageing development officers, sports development professionals, occupational therapists, therapy assistants, older people health care services, exercise instructors and physiotherapists.

*"The Functional Fitness MOT is an absolute must"*

Dr David Broom, Sheffield Hallam University

*"I would highly recommend your courses and I am scoping further funding opportunities to be able to use your expertise again"*

Lynn Flannigan, Lanarkshire Care Home Liaison Physiotherapist.



## ✓ Functional Fitness MOT history



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The FFMOT was first designed for the Glasgow Science Festival in 2011, to provide a science learning event for the older people that were bringing along their grandchildren to the festival. Over 60 people took part in two events, one at Glasgow Caledonian University and one in Govan Shopping Centre. The FFMOT was then run throughout the World Congress on Active Ageing at the SECC, Glasgow and over 300 people took part throughout this week event. The BHF National Centre for Physical Activity and Health (BHF NC) have run training in the delivery of the FFMOT since 2013 and in 2017, Later Life Training took over the training.

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