



## Motivate Me

Underpinning 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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Tel: 01838 300 310 Email: [info@laterlifetraining.co.uk](mailto:info@laterlifetraining.co.uk)

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.

MMe

## Motivate Me: Training & Education in Physical Activity Motivation

for professionals and volunteers involved in  
promoting active ageing, physical activity  
and exercise with older people



**SkillsActive**  
Shaping Skills for the Future

## ✓ Introduction

LLT is the international leader in the field of physical activity and exercise for the older person. *Motivate Me* (MMe) is a key component of LLT's Continuing Professional Development (CPD) Programme, and underpins LLT's unique Training Continuum for professionals supporting older people, and stroke survivors of all ages, to be more active. The LLT MMe one day training course teaches professionals to increase uptake and adherence to physical activity by older people through a sound understanding of evidence-based, best practice strategies and to implement them effectively at a local level. It also provides learners with the opportunity to review their own current practice in this exciting field of physical activity promotion.



## ✓ Who is the MMe course for?

- Physiotherapists, Occupational Therapists
- Rehab/T1 Assistants
- L2-L4 Exercise Professionals
- Movement and Dance Teachers
- Walking Programme Co-ordinators and Walk Leaders
- Social/Health Care Support Workers
- Activity Co-ordinators in Residential Settings
- Active Ageing Professionals
- Sports Coaches
- Physical Activity, Recreation and Sports Development Officers
- Volunteers/Senior Peer Mentors



## ✓ Level 2, 3 & 4 CPD

MMe is endorsed by Skills Active (6 REPs CPD points). On completion, learners receive a LLT Certificate of Attendance with CPD points. MMe is also aligned with The International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults (2004).



## ✓ Course content

- Determinants of, motives and barriers to physical activity
- How people change their behaviour
- Listening skills and their development
- Action planning, goal setting and self-monitoring
- Recognition of achievement and success
- Strategies to increase confidence and self-efficacy
- The use of support strategies
- Opportunities and implications for professionals' own practice

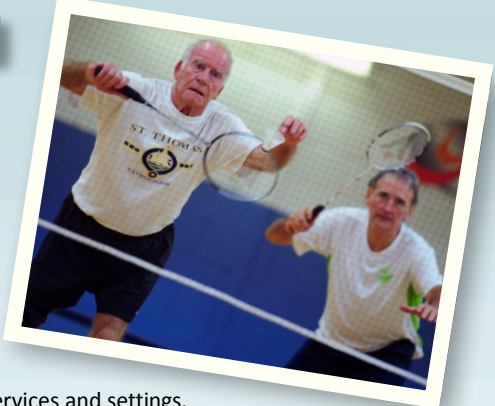
## ✓ MMe Evidence

MMe is underpinned by current evidence of effective approaches to behaviour change (NICE Public Health Guidance 2007) and to increasing uptake and improving adherence to physical activity by older people, (Biddle et al 2011). Including evidence that:

- MMe training makes more effective practitioners
- Using a behaviour change model is effective in changing behaviour in community dwelling older adults.
- Addressing the individual, social and environmental barriers to physical activity improves uptake and adherence to physical activity
- The use of cognitive behavioural strategies increases uptake and adherence to physical activity

## ✓ MMe Settings

- Community based physical activity and active ageing interventions for Older People
- Exercise referral pathways and programmes
- Condition-specific programmes (eg. falls prevention, stroke, cardiac, mental health)
- Rehabilitation/Reablement programmes
- Residential and Care sector programmes
- Home Based physical activity programmes



LLT also design bespoke MMe Courses to meet the needs of older people and professionals in specific services and settings.

## 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 directors are internationally recognised experts in research and practice in the fields of exercise, 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 is 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 a Motivate Me 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**