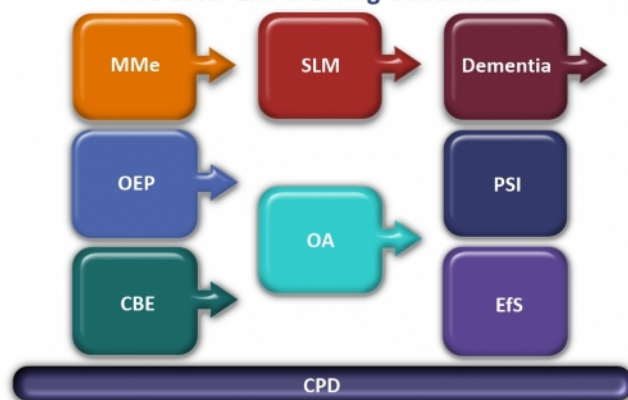




## Postural Stability Instructor

### 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](mailto: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.

PSI

## L4 Postural Stability Specialist Instructor Qualification

for exercise and health professionals working in  
community and hospital settings to improve balance  
and reduce risk of falls in frailer, older people



**SkillsActive**  
Shaping Skills for the Future



Queen Margaret University  
EDINBURGH

## Introduction

This L4 Specialist Postural Stability Instructor in The Prevention of Falls qualification (PSI) is the **first and only**, evidence-based, accredited and endorsed L4 falls prevention qualification available in the UK†. Its development, funded by the Department of Health, involved a National Advisory Group of experts. There are over 2000 qualified PSIs in the UK, working within the NHS Falls Prevention services and self employed. 54% of falls exercise services have a PSI qualified instructor working in the team††.

PSI



The course (incl. Assessment) uses a blended learning approach of face to face and an online training portal to teach students to apply knowledge, through problem solving, to the practice of delivering, progressing and tailoring the 7 evidenced based components of the Falls Management Exercise (FaME).

## Accredited and Endorsed

The PSI Qualification is accredited by Queen Margaret University, endorsed by the Chartered Society of Physiotherapy and recognised by the Register of Exercise Professionals (REPs) (20 REPs CPD points). A substantial set of resources are available on the LLT Student web pages both during and following the course.

† June 2014 †† RCP Audit, 2012



## PSI Evidence

PSI is underpinned by current evidence (Cochrane Reviews, Sherrington Falls Exercise Review, NICE falls guidance, FaME programme, ProAct65+ study) and recommended by the Dept of Health Prevention Package (2009), the RCP Audit of Falls Services (2012) and the Age UK Expert Series (2013) and ProFouND. Improvements demonstrated in research trials (see website) include:

- Reduced falls and injurious falls rate and falls risk
- Reduced fear of falling and improved confidence
- Reduced fracture risk/maintenance of bone health
- Improved balance and lower limb strength
- Improved function and quality of life
- Improved social contacts
- Improved physical activity

## Who is the PSI Course for?

- L4 Specialist Exercise Instructors \*
- L3 Exercise Referral Instructors \*
- Physio/Occupational Therapists
- Rehab/T1 Assistants (in NHS services)
- Sports/Exercise Scientists
- Exercise Rehabilitation Instructors (MoD)\*
- Personal Trainers ( » L3 Exercise Referral)\*

## PSI Settings

- NHS Physiotherapy Departments
- NHS Falls Services
- Leisure Centres / Health Clubs
- GP practice/ Health Centre Gyms
- Community Halls/Centres
- Home-based programmes
- GP Referral Programmes
- Condition-specific Programmes

\* See website for REPs pre-requisite requirements

## Key learning outcomes

- A sound understanding of falls prevalence, consequences and risk factors for falls and the evidence for falls prevention exercise
- Design, deliver and evaluate safe, effective and progressive falls prevention exercise programmes for frailer, older people
- Tailor and adapt for 1-2-1 and group approaches
- Risk stratify and refer effectively to health/exercise professionals
- Outcome measures, evaluation and implementation approaches
- Observe relevant professional standards and medico-legal requirements for exercise referral protocols



## 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 falls research and practice in the fields of exercise, ageing and disease

LLT PSI tutors established the first DoH funded NHS Falls Service and continue to gain extensive experience of implementing PSI into community exercise referral settings, facilitating the provision of 'real life' / 'fit for purpose' training

LLT is renowned for its ability to up-skill learners to a high level of practical competence for a diverse range of settings and patients/clients

LLT always provide enjoyable and engaging training of the highest quality for all of our delegates/candidates (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 today...

For more information about costs, dates, how to enrol on a PSI 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**

**BE SURE YOU ARE INSURED TO WORK WITH OLDER PEOPLE AT RISK OF FALLS. GET QUALIFIED WITH LLT TODAY.**