



















WORKSHOP 1 (5 PARALLEL SESSIONS) – 10.45 – 12.15

Workshop	THEME	WHO/WHAT?	PRESENTER	ROOM
1a	<p><u>Marketing: Expand your reach, help more people and grow your programmes</u> Would you like to get more people joining your classes and programmes? Are you keen to get your prevention/ healthy living message out to a bigger audience? Do you need to become more confident at explaining what you/ your service does? In this session, we will cover: Why you need to listen more in order to market your services well; How to approach writing a leaflet/ poster/ email or web page; How to successfully use case studies to market your programmes The discussion and exercises will be relevant for self-employed instructors through to service managers.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • PSIs <p>Also:</p> <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Primary Care / Prevention 	<p>Claudine Aherne</p> 	TBC
1b	<p><u>Practical Tai Chi – A workshop for Health and Exercise Professionals</u> In this workshop, you will be introduced to a set of Tai Chi movements that you can then introduce with confidence in your work with clients and patients. These therapeutic exercises are effective in addressing key aspects of health. They improve the body's balance and leg strength. They bring relaxation and concentration to the mind. They lift the spirit and generate a sense of well-being and positive outlook.</p>	<p>Most benefit to:</p> <p>PSIs / Therapists</p> <p>Also:</p> <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Primary Care / Secondary Care 	<p>Jane Ward</p> 	TBC
1c	<p><u>Community-based exercise & Dementia in group settings</u> This workshop will identify strategies for challenges faced around retention, communication and environmental adaptation to support strength & balance in those living with Dementia.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • Instructors / leaders who work with people living with dementia 	<p>Edye Hoffman</p> 	TBC
1d	<p><u>Stomp Out Sitting</u> This workshop is an interactive session exploring a values-based approach on how we can assist clients to reduce prolonged sitting time in the context of the 24 hour day. The session is based on the Stomp Out (Prolonged) Sitting (SOS) intervention which has been piloted in Shelter Housing Associations (Harvey et al., 2016).</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals • Secondary care 	<p>Dr Juliet Harvey</p>  	TBC
1e	<p><u>Using behavioral change theories and techniques to increase physical activity: increasing the chances of success.</u> Psychological theories can help us to understand how to create the conditions, and the most effective ways, of encouraging older adults to change their behaviour to become more physically active. In this accessible session, two theories of behaviour change will be presented with examples of how they are used in practice and in research studies (eg. PreventIT (www.preventit.eu) You will be given the opportunity to think about and discuss the ingredients of an intervention that might encourage you (or an older adult that you know well) to be more physically active.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Primary Care/ Prevention • Health Professionals 	<p>Dr Elisabeth Boulton</p>  	TBC

WORKSHOP 2 (5 PARALLEL SESSIONS) – 14.15 – 15.45

Workshop	THEME		PRESENTER	ROOM
2a	<p><u>Who is fit for Parkinson’s? An exercise guide</u> Parkinson’s UK are developing an Exercise Framework with resources to facilitate people with Parkinson’s, exercise and health professionals’ knowledge of what exercise should be prescribed and choices explored around activity that would best suit the person with Parkinson’s. In this session, Bhanu will present some of this information, as well as how this fits in with the updated NICE Guidelines for Parkinson’s (2017), to open discussion about your role in enabling people with Parkinson’s to adopt an exercise-focused lifestyle.</p>	Most benefit to: <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals 	<p align="center">Bhanu Ramaswamy</p> 	TBC
2b	<p><u>Sedentary behaviour in stroke patients</u> Working with stroke survivors? How much do you think they sit during the day and which factors are associated with this? A look at the background evidence with a focus on how we can help people who have suffered a stroke get off the couch and moving again.</p>	Most benefit to: <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals 	<p align="center">Zoe Tiegas</p> 	TBC
2c	<p><u>What’s all the fuss about feet?</u> Our feet change as we age. Many of these changes make us more prone to falling. What are these changes that upset balance? What is the role of foot conditions? Do footwear interventions work? Do foot and ankle exercises reduce falls? We will discuss what current research tells us about it all, and have a go at the exercises. Be ready to take your shoes and socks off!</p>	Most benefit to: <ul style="list-style-type: none"> • Health Professionals • Primary care / prevention • Secondary care 	<p align="center">Montserrat Conde</p> 	TBC
2d	<p><u>Overcoming technophobia: the use of smartphones to support falls rehabilitation exercise!</u> This workshop will demonstrate how you could motivate and support older people to do their exercises even when you’re not with them! Come and test out some smartphone apps co-created by older adults and health professionals/PSI instructors, even suitable for technophobes!</p>	Most benefit to: <ul style="list-style-type: none"> • PSIs/OEPs • Health Professionals • Primary care / Secondary care 	<p align="center">Helen Hawley-Hague</p> 	TBC
2e	<p><u>Moving from Dementia Friendly to becoming Person Centered - how far can you go?</u> Later Life Training have developed a person centred physical activity assessment for people living with dementia – “Planning for I Can”. It provides teachers, instructors and service managers with a tool to “have a conversation” that assists in the implementation of physical activity programmes.</p>	Most benefit to: <ul style="list-style-type: none"> • Instructors / leaders who work with people living with dementia 	<p align="center">Bob Laventure</p> 	TBC

WORKSHOP 3 (5 PARALLEL SESSIONS) – 16.00 – 17.30

Workshop	THEME		PRESENTER	ROOM
3a	<p><u>Risk, rates and return on investment (Falls)</u> While you may well know that the work you do is benefiting clients and patients, how do you demonstrate these benefits to the commissioners and strategic leads who agree local priorities. This workshop will help you understand how to make use of research evidence and take a public health approach to demonstrating the cost and clinical effectiveness of falls prevention interventions. Areas covered will include key concepts such as risk and rates, making your case with data collection and where to locate useful information and evidence.</p>	Most benefit to: <ul style="list-style-type: none"> • PSIs/ • OEPs • Therapists • Primary Care 	Daniel MacIntyre 	TBC
3b	<p><u>Managing dizziness with exercise</u> In this session Vicky will discuss some of the causes of dizziness in older people, focusing on vestibular problems.</p>	Most benefit to: <ul style="list-style-type: none"> • All 	Vicky Johnston 	TBC
3c	<p><u>Working with people with Osteoporosis</u> An opportunity to refresh your knowledge of bone health and exercise for people with osteoporosis. This practical workshop will use a case study approach to help you develop practical solutions and update your exercise programmes for this specialist population.</p>	Most benefit to: <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals 	Pauline Virgo 	TBC
3d	<p><u>Training Balance after Stroke: implementing what we know</u> Balance now commonly forms part of physical activity for health guidelines in older people. But what exactly is balance, what happens to it after stroke, why is it important and what does research say about the effectiveness of different exercise interventions to improve balance? Research into practice - following Dave's presentation about all things research, Bex Townley will lead a practical workshop about balance training. This will include problem solving and explore how balance can be integrated not only into EfS but also other sessions and group formats (e.g. PSI/OEP/CBE).</p>	Most benefit to: <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals • Secondary care 	Dr Dave Saunders  THE UNIVERSITY of EDINBURGH & Bex Townley 	TBC
3e	<p><u>FaME – remember my name</u> Example Week 40+ PSI session looking at functional progressions and class formats for continued effectiveness and enjoyment.</p>	Most benefit to: <ul style="list-style-type: none"> • PSIs Also: <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Primary Care / Prevention 	Simon Hanna 	TBC