

This timetable details key content that may need to be delivered across 1 or 2 days depending on the learner group, training needs and requirements for formative assessment/skills checklists to be completed.

<b>Care to Move Approaches</b>		
<b>Time</b>	<b>Session</b>	<b>Session Title, Aim and Learning Outcomes</b>
0900-0915	<b>1</b>	<b>Learner arrival and registration</b>
0915-1000	<b>2</b>	<b>Course welcome; learning approaches, resources, formative assessment checklists. CTM background/ Why this training?</b> <b>Aim:</b> Provide the background and rationale for the potential of, and need for the different approaches during enablement packages of care
1000-1030	<b>3</b>	<b>Behaviour Change Theory: Attitudes, beliefs and perceptions:</b> <b>Aim:</b> To think about personal (or someone you know) behaviours/attitudes, perceptions in the context of exercise and movement.
1015-1045	<b>4</b>	<b>How was your week?</b> <b>Aim:</b> Analyse your role to identify specific elements of input you provide, and potential for increased effectiveness of a visit/interaction with a service user
1045-1100		<b>BREAK</b>
1100-1130	<b>5</b>	<b>What is Normal Ageing?</b> <b>Aim:</b> Discuss what is normal ageing and ‘the path we are all on’
1130-1150	<b>6</b>	<b>Falls, prevalence and consequences</b> <b>Aim:</b> Overview of falls in the UK and potential influence of the CTM approaches on falls prevention
1150-1215	<b>7</b>	<b>The Care to Move Movements</b> <b>Aim:</b> Introduce the (Level 1 or Level 2) C2M movements and identify their value/relevance and potential impact to your setting
1215-1315	<b>7</b>	<b>Care to Move Approaches for ‘Having a conversation’</b> <b>Aim:</b> From reflection analyse of current practice, discuss and identify opportunities and strategies to enhance purposeful communication during assessments, visits and pathway meeting consistently across a service/workforce
1300-1345		<b>LUNCH</b>
1345-1445	<b>8</b>	<b>Care to Move Approaches for Movement and Communication (for confidence and self management)</b> <b>Aim:</b> Perform, analyse and describe the CTM movements and applying meaningful messages in relation to person centred goals
1445-1600 inc. break	<b>9</b>	<b>The Care to Move approaches in practice - Case Study approaches</b> <b>Aim:</b> Discuss and rehearse the CTM movements in context of service user scenario’s applying visit structure, having the conversation and movement performance feedback
1600-1630	<b>10</b>	<b>Homework Learner Support</b>