

# LLT Education Connect

## Bite Sized Learning Schedule 2025



**CONTENT ONLY AVAILABLE TO LLT EDUCATION CONNECT MEMBERS**

LLT Education Connect Members can enjoy another year of best practice conversations and learning. **LLT Education Connect Membership is £50 per year** and available to anyone who has completed an assessed training course with us, content is most relevant for PSIs and OEP Leaders. Email Louise on [info@laterlifetraining.co.uk](mailto:info@laterlifetraining.co.uk) to sign up.

*All sessions will take place on the Education Connect Membership Forum on our e-learning portal. Sessions will be recorded, and can be rewatched at a later date.*

**FEBRUARY 24<sup>th</sup>**

7.30PM - 8.00PM

### **FaME Evidence and how FaME is delivered in the UK (context)**

Dawn Skelton

- To understand the updated evidence and history of FaME research, to know when FaME can be used for primary or secondary (treatment) prevention of falls
- To understand the context in which FaME is currently delivered in the UK

**MARCH 25<sup>th</sup>**

7.30PM - 8.00PM

### **Functional Grid decision tool for PSIs – has been upgraded!**

Dawn Skelton & Bex Townley

- To update PSIs on the updated Functional Grid tool, and the rationale for the changes

**APRIL 14<sup>th</sup>**

7.30PM - 8.00PM

### **Q&A for PSIs and OEP Leaders – inc. getting down to the floor**

Dawn Skelton, Sara Paul & LLT Team

Question and answer sessions are designed for you to ask us your questions. We invite you to email in your questions ahead of the session so that we can plan to answer them all.

In this session we will tackle some questions about movement limitation in the foot/toes and the challenge of getting down/up from the floor e.g.,

- Analyse what 'they can do' and what joint ranges are taking on the task +-
- Observe and optimise movement to successfully achieve the task

**MAY 13<sup>th</sup>**

7.30PM - 8.00PM

### **Medical Conditions review and Q&A**

Janet Thomas

Aims and Objectives to follow...

**JUNE 30<sup>th</sup>**

7.30PM - 8.00PM

### **Vestibular dysfunction and falls risk in older adults\***

Hannah Barbour, clinical specialist physiotherapist at Guys and St Thomas' in a community team

To understand the relationship between vestibular problems and falls risk, to know when an onward referral for vestibular problems is warranted and to understand the benefits of exercise in treating vestibular problems

\* Anyone is welcome to attend this session, please note that content most suitable and relevant for physiotherapists

**JULY****29<sup>th</sup>**

7.30PM - 8.00PM

**Medical Conditions review and Q&A**

Louise Egan

In this session Louise will overview the new resource in the recently updated PSI Training Manual.

**AUGUST****21<sup>st</sup>**

7.30PM - 8.00PM

**Q&A for PSIs and OEP Leaders**

LLT Team

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**Email questions to [bex@laterlifetraining.co.uk](mailto:bex@laterlifetraining.co.uk)**

**AUGUST****26<sup>th</sup>**

7.30PM - 8.00PM

**Evidence for exercise (movement) snacking**

Dawn Skelton

To understand the evidence-base behind increasing light activity or exercising in small, short bouts (snacking)

**SEPTEMBER****18<sup>th</sup>**

7.30PM - 8.00PM

**“In it For the Long Run” The challenges of maintaining physical activity and becoming Active for Life**

Bob Laventure

This CPD session will look at how the exercise instructor can adopt practical strategies that can support participation over time and in particular, when programmes or services come to an end

By the end of this CPD session participants will be able to:

- Describe what evidence-based support strategies can be used to maintain participation
- Reflect on how these can apply to their own current and future practice

**OCTOBER****27<sup>th</sup>**

7.30PM - 8.00PM

**Floor rise skills, self-efficacy and fear of falls**

Dawn Skelton

To understand the evidence-base behind re-skilling participants in getting up from the floor (or of watching videos or the instructor do this on a regular basis) and effects on falls self-efficacy and fear of falls

**NOVEMBER****10<sup>th</sup>**

7.30PM - 8.00PM

**Q&A for PSIs and OEP Leaders**

LLT Team

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**Email questions to [bex@laterlifetraining.co.uk](mailto:bex@laterlifetraining.co.uk)**