

CPD STUDY DAYS

BACKWARD CHAINING APPROACHES

for Specialist PSIs and exercise instructors working with older people and floor based exercises.

Our biggest window of opportunity to learn and rehearse/maintain this critical skill is with Independently Active Older People. 'The best time to fix the roof is when the sun is shining!'



TUTORS:

Bex Townley

Exercise Specialist

Kate Bennett

Physiotherapist with specialty in working with older people

COST:

LLT Members **£99 + VAT**

Non-members **£110 + VAT**

DATES:

Portsmouth **19th May 2019**

Leeds **27th July 2019**

Glasgow **7th September 2019**

BACKWARD CHAINING CPD DAY OVERVIEW

- Background to the significance of this critical skill, consequences of long lies, impact on confidence and independence when the skills to rise from floor are lost
- Review of national physical activity guidelines for older people
- What is backward chaining? and its application to rise from floor skills

LEARNING OUTCOMES FROM THE DAY

Review, analyse and rehearse the therapy led/evidence backward chaining approach to get down to and get up from the floor with considerations to;

- ✓ Its value; benefits and significance to independently active older people (IAOP)
- ✓ Its value; benefits and significance to all older people for ageing well/successful ageing
- ✓ Considerations to age related decline/reduced mobility, strength, power, individual tailoring considerations etc. impacting on ability to rise from the floor
- ✓ Review (effectiveness of) strength and balance exercise performed on the floor and floor coping strategies
- ✓ Review emergency action procedures/problem solving associated with group exercise settings
- ✓ Missed opportunities for education, information and behaviour change in relation to maintaining this critical skill

PRE-REQUISITES, WHO IS THE DAY SUITABLE FOR?

Though all workshops and integrated discussion sessions, the day will meet the needs of two different learner groups. The day is suitable for you if;

- ✓ You are a Qualified L4 PSI: if so we will work practically around problem solving approaches for older people at risk of falls (physiological and psychological/fear of falling factors) and tailoring for functional impairments
- ✓ You are a L3 exercise instructor working with older people and floor based exercises: if so we will work practically around getting to the floor/floor based exercise for independently active older people informed by best practice strength and balance guidance/approaches.

WHAT TO BRING/BE PREPARED

- Bring an exercise mat
- Wear layers (air con studios can be cool!)
- Venues vary greatly in their provision of refreshments - please check the "Course Dates" page of the LLT website for details of each venue.
- Bring notebook and pen to take lots of notes
- We will be spending lots of time rolling around on the floor - please wear suitable clothing and footwear for this!

WHAT TO EXPECT

- Discussion and lots of problem solving and potential solutions for a range of age related changes and comorbidities.
- Summary of evidence background, insight/review of the prevalence of falls and consequences of a long-lie.
- The day will meet the needs of already qualified L4 PSI's (falls prevention) and also account for the scope of practice of exercise instructors who do not hold the L4 PSI qualification.
- The day will be largely practical with some use of paper resources/no power-point presentations – we prefer to get moving and to get on down (to make friends with the floor!)
- Note; this is CPD for eligible instructors (already hold appropriate qualifications to work with older people). Workshops will cover considerations for all older person groups and will be organised accordingly on the day to ensure instructors are working within their scope of practice.

LLT TRAINING CONTINUUM



NB: To qualify for allocated REPs CPD points you should be a member of REPs and hold their required pre-requisites (i.e. older adult qualification)