

WORKSHOP 1 (5 PARALLEL SESSIONS) – 10.30 – 12.15

Workshop	THEME	WHO/WHAT?	PRESENTER	ROOM
1a	<p><u>Contenance: activity and incontinence prevention</u> Bladder symptoms, including leakage (incontinence), are more common as we age and are linked to reduced physical activity and risk of falls. In this workshop we will explore commonly experienced bladder symptoms and their impact on health. We will consider the relationship between bladder function and physical function and examine the evidence for the role of exercise to support bladder health.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • PSIs / Therapists <p>Also:</p> <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Primary Care / Prevention 	<p>Jo Booth</p> 	Inspire
1b	<p><u>Practical Tai Chi – A workshop for Health Professionals and PSIs</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. <u>NB: It is important to remain within scope of practice to ensure appropriate insurance provision is in place.</u></p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • PSIs / Therapists 	<p>Jane Ward</p> 	Discover
1c	<p><u>Dementia</u> Instructors and teachers working with people living with dementia often see informal care givers as providing additional support to classes and groups. Is this realistic, how can this be best achieved and what are the challenges?</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • Instructors / leaders who work with people living with dementia 	<p>Bob Laventure</p> 	Develop
1d	<p><u>The ADL LifeCurve™ App</u> How can we use this to deliver early intervention? The ADL LifeCurve™ App: How can we use this to deliver early intervention? The LifeCurve™ App is a free App that allows someone to find out how they are ageing and the exercises they can do to maintain or improve their ageing position. The App also allows you to set personal tasks to help achieve your goals and inspires people through sharing positive ageing stories.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals • Secondary care 	<p>Prof Peter Gore</p> <p>ADL Smartcare</p>	Imagine
1e	<p><u>Circuit Formats for FaME</u> Fidelity and effectiveness that is enjoyable is THE most important consideration when designing and delivering FaME sessions. Circuit formats provide us with means of variety and progression and greater tailoring and management of mixed ability groups. This session summarises design considerations/aims and applies theory in circuit design to FaME. And then we get designing, critically analysing, and playing with FaME.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • PSIs/Therapists 	<p>Bex Townley</p> 	Innovate

WORKSHOP 2 (5 PARALLEL SESSIONS) – 14.30 – 16.15

Workshop	THEME	WHO/WHAT?	PRESENTER	ROOM
2a	<p><u>Backward Chaining</u> There's more to backward chaining than getting down to the floor. 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.</p>	Most benefit to: <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals 	Bex Townley 	Innovate
2b	<p><u>The Functional Fitness MOT – what have we learned?</u> The Functional Fitness MOT training has now reached over 800 professionals in the UK. What have we learned from this training and how should we think of the FF MOT as a tool for instructors, teachers and leaders in the future?</p>	Most benefit to: <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health promotion Professionals 	Bob Laventure 	Develop
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 	Monserrat Conde 	Discover
2d	<p><u>OEP app</u> The Otago App (for android) is a tool you can use with your patients/clients to encourage home based exercise to ensure they can more quickly achieve the required dose of exercise for falls prevention efficacy. Come to this workshop to discuss its development and application and try it out.</p>	Most benefit to: <ul style="list-style-type: none"> • PSIs/OEPs • Health Professionals • Primary care / Secondary care 	Marina Arkkukangas 	Imagine
2e	<p><u>PSI Real Life</u> There is so much to learn from personal/business set up experiences of PSIs working around the country, we have asked some of them we know are doing great work to come and share their successes and experiences; Sarah Wheatley (Oxfordshire), Richie Paxton (Gateshead), Anita Griggs (Devon), Kelsey Leverton (Leicestershire), Simon Hanna (Cambridgeshire) will be sharing their gems of wisdom in a series of short presentations and Q&A.</p>	Most benefit to: <ul style="list-style-type: none"> • PSIs 	Team Present 	Inspire

WORKSHOP 3 (5 PARALLEL SESSIONS) – 16.30 – 18.15

Workshop	THEME	WHO/WHAT?	PRESENTER	ROOM
3a	<p><u>What instructors need to know: nutrition for bone and muscle health</u> A healthy balanced diet is recommended for musculoskeletal health, but does such a thing exist, and if so, how can we achieve it? In this interactive workshop, we will explore which foods/nutrients are recommended for optimal bone and muscle health, based on current scientific evidence, and we will discuss practical tips on how to put these recommendations into practice.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • PSIs • OEPs • Therapists • Primary Care 	<p>Alex Mavroedi</p> 	Discover
3b	<p><u>Understanding Frailty</u> In this workshop we will provide a definition of frailty, what it looks like, and what it means to the individual. We will discuss the role of the therapist/exercise professional in managing frailty as a long term condition and how acute health events may impact on physical function and participation in exercise.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • All 	<p>Vicky Johnston</p> 	Imagine
3c	<p><u>The role of volunteers in supporting participation</u> Instructors and teachers often see volunteers as a means of supporting people on their participation journey. Can we be clear about what volunteers can and cannot do, how can we prepare volunteers to do this appropriately and what are the challenges involved?</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • Exercise / Fitness Professionals • Health Professionals 	<p>Bob Lavature</p> 	Develop
3d	<p><u>Fidelity & Quality Assurance (FaME & Otago)</u> This session will be practical and interactive, Dawn and Bex will go through the LLT Quality and Assurance checklist now being used across the UK (beginning to be requested by commissioners) and talk and practice all things ‘fidelity’ to support you, and your teams. They will also introduce the ‘self-reflection’ tool designed for internal QA for PSIs/OEP Leaders and teams to critically analyse their own practice and fidelity.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • PSIs & OEP Leaders • Team leads supporting delivery of these interventions 	<p>Prof Dawn Skelton & Kelsey Leverton</p> 	Inspire
3e	<p><u>FaME practice</u> Example Week 40+ PSI session looking at functional progressions and class formats for continued effectiveness and enjoyment.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> • PSIs 	<p>Bex Townley</p> 	Innovate