



ABOUT LATER LIFE TRAINING

The founders of Later Life Training (LLT) are internationally recognised experts in exercise and ageing. At the cutting edge of research and service development, they have a proven track record in translating evidence and best practice guidance into safe, effective, progressive exercise programmes in clinical and community exercise settings within NHS Health and Wellbeing pathways across the UK.

OUR COURSES

LLT courses have been developed by multidisciplinary experts and are informed by research evidence and international best practice guidance. LLT has an unrivalled network of multidisciplinary expert reference groups to ensure we are delivering fit-for-purpose training courses of the highest standard. What sets LLT's courses apart is the focus on practical skills where sport and exercise science are integrated with therapy-based approaches to provide exercise tailored to individual clinical and functional need. This facilitates effective transition on from primary and secondary care services to voluntary and non-governmental providers to ensure effective dose and progression of exercise and a seamless exercise pathway for older adults.

LLT qualified professionals deliver best practice evidence based training for health commissioners, GPs, allied health, social care and leisure and recreation professionals. The key to LLT's success is the high standard of tutoring combined with current clinical exercise expertise and an understanding of exercise referral pathways and national and local multiagency partnerships

With LLT qualified practitioners you can expect high quality training informed by evidence based, best practice guidance - essential for effective partnership working with referring health professionals.

WHAT WE DO

We deliver a continuum of education and training to health and social care professionals addressing agendas concerning: frailty, falls prevention, dementia, stroke survivors of all ages, older people and maintenance of independence, in doing so reducing the burden on NHS and social services. We are committed to promoting independence and quality of life through improving function and encouraging participation in movement and exercise in a variety of settings.

All courses informed by current evidence based best practice guidelines

- ✓ Endorsed and accredited training continuum addressing frailty agendas and falls prevention
- ✓ Experts in research, education and training
- ✓ Experts in implementation and service development
- ✓ UK's only provider of training informed by evidence proven to reduce falls
- ✓ Increasing participation opportunities from health to leisure settings
- ✓ Promoting partnership working for transitions

LLT can help you establish your service or offer consultancy on your service development needs to align with current guidelines

CONTINUAL PROFESSIONAL DEVELOPMENT





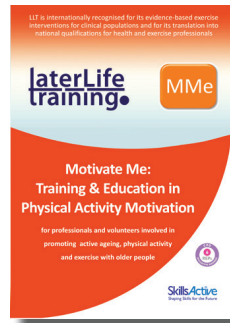
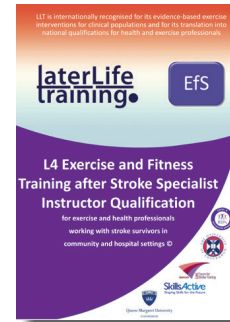
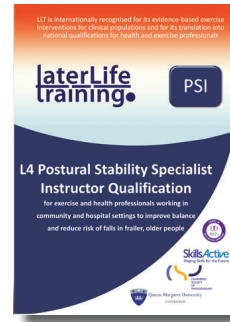
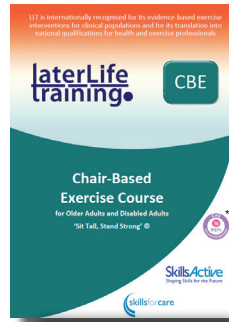
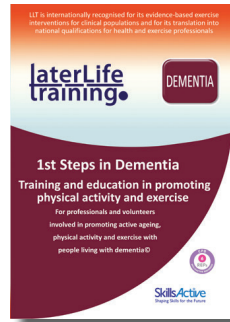
LLT equip instructors to specifically tailor exercise for stroke impairments - one size does not fit all



A portfolio of independent service evaluations assessing the outcomes of these programmes in a variety of settings is available



Our Portfolio of Courses



For Stroke Survivors of all Ages



For Frailer Older People

