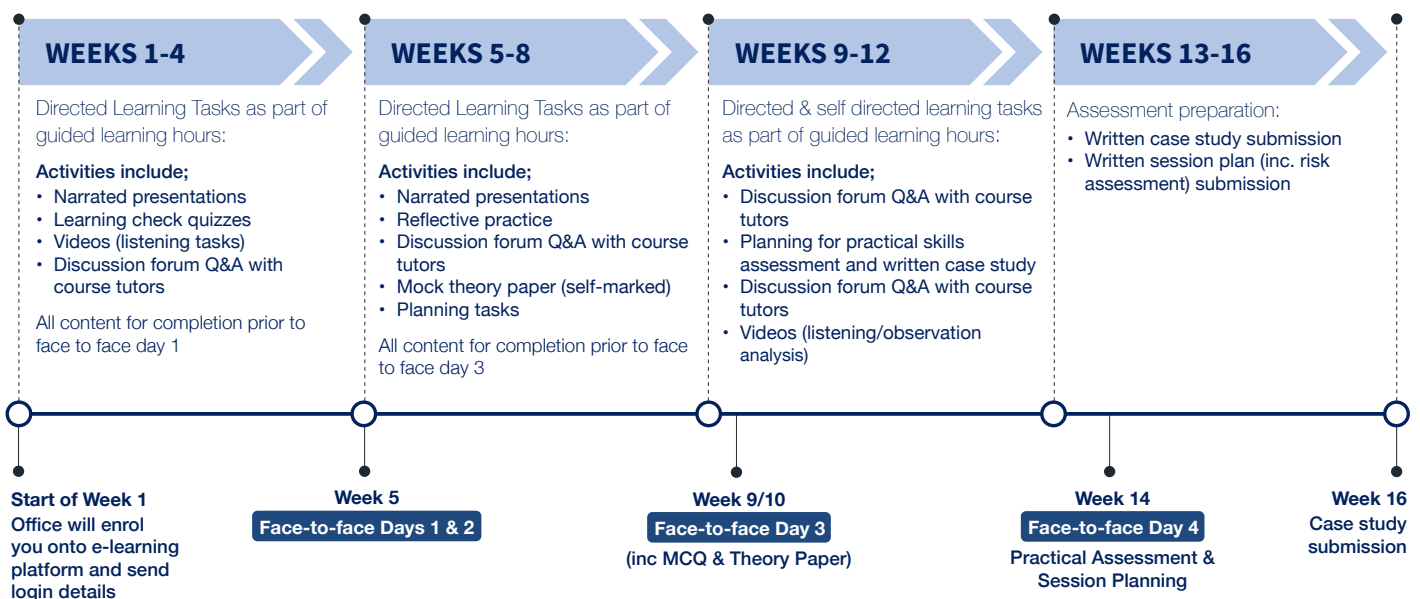


Postural Stability Instructor (PSI)

Specialist Instructor Training for exercise and health professionals working in community settings to improve balance and reduce risk of falls in frailer, older people

Previously a REPs Level 4 training course, our PSI training is now endorsed by CIMSPA with Senior Activity and Health Practitioner membership status

PSI Learner Journey | A Blended Learning Approach



About the PSI training course

Introduction:

This Specialist Postural Stability Instructor training in The Prevention of Falls is the first and currently only, evidence based and endorsed falls prevention training available in the UK. Its development, funded by the Department of Health, involved a National Advisory Group of experts. There are over 2000 trained PSIs in the UK, working within the NHS Falls Prevention services and self employed. 54% of falls exercise services have a PSI trained instructor working in the team.

What to expect:

This is an undergraduate level learning training course with three assessed elements including practical skills assessment.

The training is delivered as a blended learning approach learning approach with online elements hosted on the LLT e-learning platform plus four face to face training days (inc assessment)

The course focusses on knowledge, through problem solving, to the practice of delivering, progressing and tailoring the 7 evidenced based components of the Falls Management Exercise (FaME) programme.

PSI Content Overview:

Key Learning Outcomes:

- ✓ A sound understanding of falls prevalence, consequences and risk factors for falls and the evidence for falls prevention exercise
- ✓ Design, deliver and evaluate safe, effective and progressive falls prevention exercise programmes for frailer, older people
- ✓ Tailor and adapt for 1-2-1 and group approaches
- ✓ Risk stratify and refer effectively to health/exercise professionals
- ✓ Outcome measures, evaluation and implementation approaches
- ✓ Observe relevant professional standards and medico-legal requirements for exercise referral protocols.

Eligibility & Cost

Please see website for full details:

<https://laterlifetraining.co.uk/psi-course-info>

Please ensure you are insured to work with older people at risk of falls and undertake this vital training to support older people to feel confident on their feet



**TO ENQUIRE ABOUT BOOKING OR DISCUSSING HOSTING A COURSE
PLEASE CONTACT INFO@LATERLIFETRAINING.CO.UK**