

# Foundations For Wellbeing and Active Ageing

Whole workforce approaches to support your communities



Is your work force...

- ✓ Engaged in promoting Wellbeing with older people and those in midlife
- ✓ Confident in their ability to undertake meaningful conversations to encourage people to sit less and move more
- ✓ Knowledgeable about maintaining and improve physical function through the activities of daily living
- ✓ Consistently aligned with clear messaging, motivation and communication strategies?

## YOUR WORKFORCE:

LLT's series of short Wellbeing and Active Ageing education courses can be tailored to different workforces and settings to accommodate the needs of those people you work with.

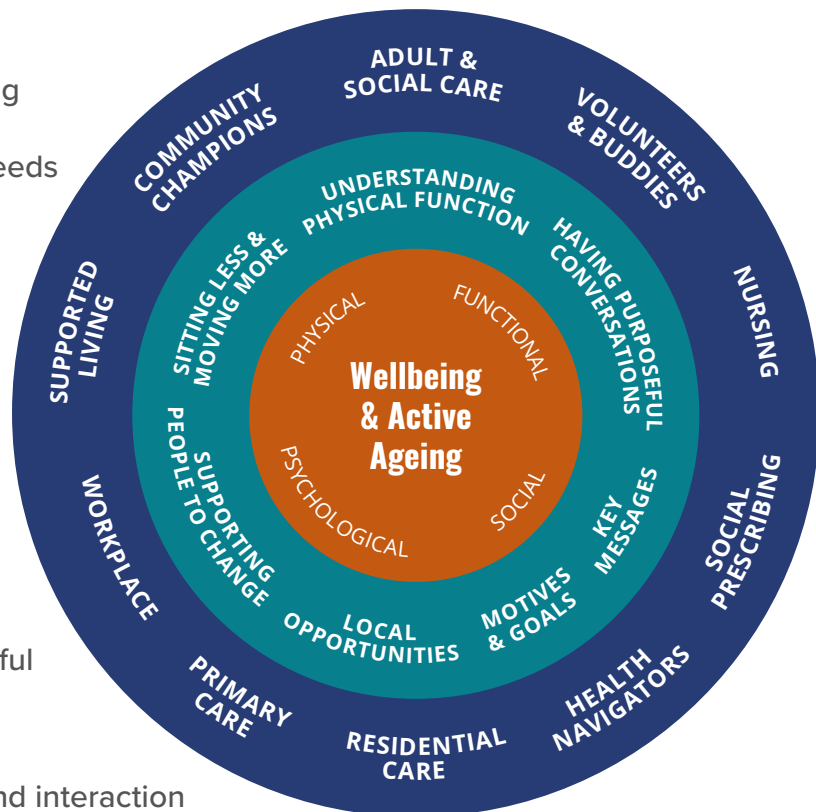
## KEY ELEMENTS

Select your own learning. Our Wellbeing Wheel highlights the key elements that could be included in your bespoke training. This content would also contribute towards the wellbeing of your own workforce.

## WELLBEING

Physical, functional, psychological and social wellbeing are the desired outcomes of successful wellbeing and active ageing programmes and services

There is a need to increase social functioning and interaction as well as restoring physical and psychological function as a result of activity restriction amongst those shielded and isolated during Covid 19.



## Supporting you to choose bespoke training for your workforce

The following are examples of how LLT (in collaboration with yourselves) can design educational courses to suit your workforce based upon your target populations, the context of your work and a combination of key elements highlighted in the Wellbeing Wheel:



### **VOLUNTEERING** (spread over 2 days)

*Could contain:*

- ✓ **Having purposeful conversations**
- ✓ **Local opportunities for movement and activity**
- ✓ **Key messages and supporting people to change over time**



### **ADULT AND SOCIAL CARE**

*Could contain:*

- ✓ **Key movement messages for people living with dementia and care givers**
- ✓ **Having purposeful conversations**
- ✓ **Local opportunities for activity, engaging with informal care givers**



### **COUNTY WIDE EXERCISE AND MOVEMENT NETWORK**

*Could contain:*

- ✓ **Having purposeful conversations**
- ✓ **Exploring individual motives and goals and consistent messages**



### **SUPPORTED LIVING E.G., HOUSING SERVICES**

*Could contain:*

- ✓ **Understanding physical function**
- ✓ **Conversations about sitting less and moving more**
- ✓ **Exploring individual motives and goals**
- ✓ **Supporting people to change over time**



### **WALKING PROMOTION**

*Could contain:*

- ✓ **Understanding physical function**
- ✓ **Key messages**
- ✓ **Having purposeful conversations**
- ✓ **The importance of increasing strength and balance**

**Common elements** – each course would also contain learning centred upon – understanding participants' role and scope of practice, the context of their workplace and the populations and communities they support.

Foundations for Wellbeing and Active Ageing can be delivered through face to face, online or blended learning approaches, to find out more about how we can support you to build your **workforce**, contact us now...