

Welcome to the second edition of the Later Life Training newsletter. Thank you to everyone who has sent in articles and comments for this issue. The response was overwhelming and it's great to hear about what's going on around the UK as well as hearing about the challenges you face. We aim to provide information and updates as well as a chance to share information, so keep your contributions coming in.

This issue has a reminder of what's new on the website and on Facebook, a piece on home exercise booklets, and a challenge to join in the legacy of the 2012 Olympics through the Go 4 Gold challenge. We call for venues to run Motivate Me and bring you a brief report on the LLT Inaugural Conference in Manchester. There are some great contributions from the frontline, Simon gets some responses on the PAR-Q and talks backward chaining. The research highlights section gives some real insights into the benefits of understanding the motivators for uptake and adherence to exercise, showcases the benefits of PSI exercises for people with Parkinson's Disease and reveals the benefits of Exercise and Fitness after Stroke. Remember 2012 is the European Year of Active Ageing and Intergenerational Solidarity so now is your time to get the message out there to all you meet.

Thanks must go to the contributors from the frontline, Frederike van Wijck for her insights into National Stroke Exercise Guidelines, Jeannie Wyatt-Williams for updating us on the Welsh Exercise Referral Scheme and to Steve Richardson, our newsletter designer. For this newsletter to be a success we will need your input, it's a chance to share ideas, new innovations and discuss problems. Your thoughts or comments will always be very welcome. Unfortunately we cannot fit in all the brilliant responses to the last newsletter, so please accept our apologies if your piece does not get in. Please send any ideas for

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contributions or thoughts from the frontline into the office by the end of March to be ready for the next issue in Spring 2012.

Finally, take care this winter and stay warm, stay active.

Dawn Skelton (Director)
Simon Hannah (LLT Tutor)



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Stability
InstructorExercise
After
Stroke
InstructorOtago
Exercise
ProgrammeChair
Based
ExerciseMotivate
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Someone

LLT

What's new on the Website and Facebook!

To search, type and hit enter

News:

European Year of Active Ageing and Intergenerational Solidarity 2012
December 13, 2011

Keeping safe and maintaining independence: older people and sight loss, Seminar – Nov 23rd 2011
Glasgow September 26, 2011

List yourself on Falls Directory.com for free September 26, 2011

LLT's Inaugural L4 Conference Photos
September 18, 2011

Improving stroke care in the community - KT Equal Conference - Nov 23rd 2011 Bath August 21, 2011

Translating the evidence - What works for Physical Activity - Conference 17 Nov 2011 August 19, 2011

Physical Activity in the Prevention and Treatment of Disease August 19, 2011

Managing falls and fractures in Care Homes July 25, 2011

UK wide physical activity guidelines for older people launched 11 July 2011 July 11, 2011

WEBINAR on falls and visual impairment - open access to talks July 4, 2011

LIST ARTICLES BY TAG:



















Activity Motivators Adherence Advice
Balance Training Best Pract
Book Charity Course Ef
Engagement Evidence E
Base Exercise
Falls Preventio
Fitness Leaders Fra
Older People Gu
Human Kinetics Later I
Training LLT Motivation
Older People (r
Exercise Programme Part
Peer Mentors **Physical**
and Exercise **PSI**
Publication Qualificati
Research Resource

Resources Retired **Review** Download
Like Me SPM Standards **Strategy**

Later Life Training has provided specialist, safe and effective exercise training for health and leisure professionals working with older people since 2003

Why we do what we do

What do you want to do?

-  I'm an older person looking for
-  Find an LLT Qualified Instructor
-  View a Summary of our Courses
-  Find Course Locations and Dates
-  Apply to a Course
-  Host a Course
-  Find Out About Potential Discounts on Cost of Training
-  Access Course Resources (Students Only)
-  Access Course Resources (Staff Only)
-  Register for the LLT Conference
-  Refresh your Teaching Skills
-  Want an LLT Qualified Logo on your Website?
-  Become a Tutor or Assessor for LLT
-  Find Out About the People behind LLT
-  Download Publications from LLT Directors
-  Download LLT Newsletters
-  Download FREE exercise booklets
-  Contact LLT

Click here
to apply
for any of the
LLT Courses
or CPD days

Do remember to set the LLT webpage as a favourite on your web browser. There is a newsfeed that will keep you up to date with events you may be interested in, new research or resources and updates on important questions asked at courses or to the office.



13-17 August 2012

WORLD CONGRESS ON
ACTIVE AGEING

GLASGOW • 2012

LLT - Gold Sponsor

The LLT Facebook page is growing in popularity too, this is the place to ask questions of the LLT community and also to let us know what you are up to.
Come and join us.

Find us on
Facebook

Since the last newsletter we have added freely downloadable home exercise booklets and added many new resources to help students on courses. Many of these resources will help those of you who qualified a while ago and maybe need a refresh? For example, on the EfS Student page there are now 82 photos showing tailoring of exercises for stroke survivors. The PSI student pages have video clips of different components of a FaME as a

refresher. If you qualified with LLT and need a password to get into the student pages, contact the office. You can view any new courses or CPD days and apply online.

Click here
to contact the
LLT Office

laterLife
training.

LLT are looking for venues to host the Motivate Me workshops across the country.

If you would like to host a course, or help by providing a venue, please [contact us](#). Motivate Me is a one day course for teachers, instructors, leaders of exercise classes and groups who work with older people. It has been developed for LLT by Bob Laventure who is recognised as a leading international expert in the specialist field of physical activity motivation for older people. It is designed for professionals who have qualified either as CBE Leaders, OEP Leaders or Fitness/Exercise Instructors. It is also appropriate for Senior

Peer Activity Motivators and other health or social care professionals who wish to



know more about motivating older

adults to engage in physical activity. As you will see in the Research Highlights Section, motivation training has been shown to improve attendance and adherence to classes. We have uploaded a variety of research papers on the evidence base behind Motivate Me in the [Resources section of the website](#) and you can read articles written by Bob Laventure on motivation, uptake and adherence to exercise by visiting the Publications section under About Us.

Click here to find out everything you need to know about the MMe Course and Apply Online



"Learning how to listen and how to help older people find their own motivation"

"Such an enthusiastic tutor, I felt at the end I could motivate anybody to take part in exercise!"

"Very useful to understand all the barriers that many older people have in taking part in rehabilitation exercise - and be given skills to work on breaking down those barriers"

Get involved

Go 4 Gold 2012 Challenge

As Olympic Year approaches, there's a chance for instructors, leaders and teachers to become involved in the celebrations. In January 2012, the National Association for Providers of Activities for Older People (NAPA) will team up with the BHF National Centre (BHFNC) and the organisers of the 8th World Congress on Active Ageing to launch the Go 4 Gold Challenge. The Challenge will be targeted to all those across the UK working in the residential and care sector with frailer, older people (including managers, staff and families) and asks...



...how many people can YOU encourage to make a start AND continue to take part in physical activity throughout 2012?

What is the Go 4 Gold 2012 Challenge?

During the week beginning 2nd July 2012, participants will be able to take part in one or more of the 5 (one for each Olympic ring) Go 4 Gold 2012 Challenges below;

- **The Try-athlon Challenge** - speed, strength and endurance.
- **The Games Challenge** - the will to win survives into later life - host a senior games festival with a variety of competitive games and events.
- **The Dance With Me Challenge** - just how many different dancers and different dances could be involved in tripping the light fantastic?
- **The Walk With Me Challenge** - how many miles (real or virtual) can you accumulate during your challenge, from Lands End to John O'Groats or round the World?
- **Or plan your Own Physical Activity Challenge** - for those (groups or individuals) who may find these challenges daunting, they can create their own challenges involving physical activity.

Go 4 Gold 2012 Challenge Supporters

In addition to NAPA and BHFNC, the Go for Gold 2012 Challenge has the active support of the College of Occupational Therapy, AGILE (Physiotherapy Special Interest Group working with Older People), the National Care Forum, Full of Life, the Physical Activity and Health Alliance (Scotland), Social Care and Social Work Improvement Scotland, National Coalition on Active Ageing, Long Term Conditions Alliance Scotland, Age Cymru, Scottish Government and NHS Health Scotland, Age Scotland, Scottish Government, BUPA, Vida Wellness, Vitalyz and of course, Later Life Training.

New Year 2012

The Challenge will go out to all those working with the residential and care sector who will be invited to register their challenge.

Spring of 2012

The NAPA and BHFNC will provide a Go 4 Gold 2012 Challenge Action Pack outlining the different challenge ideas and activities.

In April 2012

Participants will be encouraged to "get into shape" and begin training for the Big Event.



The New Age curling event at West Lothian

The Countdown to Go 4 Gold 2012

**Tuesday
July 3rd 2012
is the BIG event**

The NAPA Challenge day where everyone across the UK will be encouraged to take part.

**August
2012**

Go 4 Gold 2012 will feature at the 8th World Congress on Active Ageing in Glasgow.

**September
2012**

Go 4 Gold Awards and celebration events will be held to celebrate the achievements and successes of participants.

What can you do?

Piper Springfield leads the opening parade at the West Lothian Care Home Olympics



Further Information

Additional and more detailed resources will be available in the New Year and on-line at <http://www.bhfactive.org.uk/sites/Active-Ageing-Events/>

The Go 4 Gold 2012 Challenge partners are at <http://www.bhfactive.org.uk> and <http://www.napa-activities.co.uk>

Later Life Training instructors and leaders are in an ideal position to be a part of the 2012 Go 4 Gold Challenge. Why not get your groups and classes to take part and choose their 2012 challenge.

You will also be able to offer lots of advice to those organisations taking part on appropriate activities. But remember to let us know what you are up to.

Start planning now, across the UK, people are already "limbering up!"

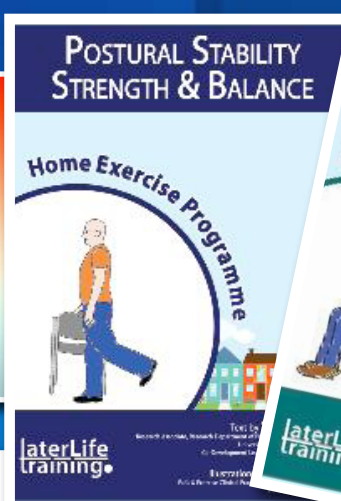
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training.**

laterLife training.

There has been quite a demand for the new freely downloadable home exercise booklets. Although these booklets are meant to support PSIs, OEP and CBE Leaders, we have also had quite a number of requests from voluntary organisations wanting to use them to promote physical activity with the people they work with. We are currently working to produce a 4th booklet for Efs Instructors.

We have also just completed an audio recording of the Otago programme, for people with visual impairments, which will also be available to download in the new year. Each exercise, and its variety of support options, come as discrete mp3 files that can be used in a menu system to produce a bespoke training programme for an individual, based on their support and level of training needs.

**Click here to find out more
and download the
LLT Home Exercise booklets!**



There are also discrete files covering a basic introduction to exercise and the Otago programme, the importance of a warm up, how to put on and take off ankle weights safely and an introduction to a walking programme. These of course could also be useful for those who want to listen to their mp3 player whilst doing household chores and could do their heel raises by the kitchen sink – remember, for some it is best to help them embed strength and balance training into their everyday life activities. So keep an eye out for these. If you want to receive these files on a copyable CD there will be a small charge covering the cost of the CD and postage.



Later Life Training Conference



LLT's first National Conference was held in Manchester this September and was attended by 80 delegates, 20 LLT Tutors, the LLT Office Staff, as well as some very eminent researchers! Professor John Campbell attended the whole Conference and said he particularly liked the sessions on Pilates and Ball Work!



We had an exciting programme of keynotes. John Campbell spoke about

the history of falls prevention exercise research and particularly the Otago Programme, Jacqui Close brought us up to speed on falls prevention in people with dementia, Stephen Lord weighed up the evidence on exercise and frailty and Frederike van Wijck discussed new insights into exercise after stroke. Workshops that LLTers could attend included ideas on marketing for self-employed instructors, practical sessions for those working with people with osteoporosis, stroke, dementia, Parkinson's and back conditions, sessions on assessment and support strategies to improve adherence, and workshops on floorwork, pilates, Tai Chi, ball games, balance progression and new technologies for

Click here to download presentations and handouts

engagement.

We had two sessions on models of service delivery and ran a competition to find some of the most inspiring models.



The winners of the 2011 innovative models of service delivery competition were Bernadette Coates (Southport) and Jacqueline Constable (Guernsey). Well done both, you truly inspired us! You can read their entries on <http://www.laterlifetraining.co.uk/sept-2011/>

Lat Life Training Conference

Report 2011

If we do say so ourselves! the LLT Conference was a great success. The atmosphere and energy from delegates, presenters and our tireless LLT office staff over the weekend, was truly inspiring. We had some great feedback from our extended LLT family. We also learnt a lot more from you about the trials, tribulations and successes of life out there on the frontline as well as how we can help you in your daily work and passion.

Click here for further information about the conference!



Thanks again must go to our Sponsors, HUR Fitness and BalanceMaster.



LLT Conference ~~2012~~ ...2013!

13-17 August 2012



Next August is the long awaited World Congress on Active Ageing in Glasgow. The lead organisers of this International conference are Dawn Skelton and Bob Laventure, so there will not be a separate LLT conference in 2012, instead we invite you to the World Congress (see Page 16 for more details...). However, plans are already being made for the 2013 LLT Conference. If you have any ideas on what you would like to be included, where you think we should host it, or would be prepared to run a workshop, please let us know.

For those who attended please remember that all the presentations and handouts are available to view on the website, you just need your password. For those of you who could not attend, you can view the photos from the weekend and if you want to pay a small amount to receive a password to view the presentations, abstracts and working papers from the conference, please contact the LLT Office.

From the Front Line

These are a selection of emails/letters in from you. Please get in touch with your views.

Why we do it! In Guernsey!

Victor is in his 80s, dementia journey well under way, and his ability to communicate is disappearing along with his muscle strength. Victor hadnt joined the group for a few weeks so last Thursday I was delighted to see him and gave him loads of encouragement. He did amazingly well and couldnt stop his Sit To Stand even when everyone else had moved on to other exercises! After the session when I went to congratulate him, Victor simply said 'Youve restored my hope I was nearly speechless! This is why we are out there using our skills!!'

Jacqueline Constable, PSI, Guernsey

PSI-ing in York!

I qualified as a PSI in 2004 and set up 4 classes in the York and Selby area with the help of work colleagues. These classes are still running today though it has been a very difficult time with the current financial constraints. Many times my job has been in jeopardy! I did not realise until I started teaching these classes the problems older people have with their balance and just how many lacked confidence in walking. Thankfully I have managed to offer 'EXTEND' classes as a continuation after these older classes have finished. As we are aware, these older people often do not fit into main stream classes. It has been very rewarding work and I have learnt a lot. I owe a great deal to the LLT team! Many thanks. Keep up the good work!

Angie Hampton, RGN, PSI, EXTEND, York

EFS benefits

As a Personal Trainer and Pilates and Fitness Group instructor, I am always looking to find better ways to help the people in my sessions to achieve a better quality of life through improved mobility, stamina and movement. Occasionally I am approached by people who have completed the GP Referral Scheme and want to continue exercising. In Autumn 2011 I took the LLT EFS course. The EFS course has opened my eyes to challenges people are faced with during their lives: mentally, physically, side-effects of medication. These all conspire to lure people into a sedentary life-style. And we all know how that negatively impacts the quality of life. I am now much more confident about having people who suffered a stroke in my regular classes (and always make sure their GP has approved their participation). I am able to give them suitable options and tips for exercises at home. It also made me far more sensitive to other limitations people in my classes may have and I now have the tools to deal with them.

Miranda de Vries - www.thebodylabs.co.uk
miranda@thebodylabs.co.uk

Staying steady in Newcastle!

We piloted Staying Steady, a community exercise programme based upon the FAME model, in Newcastle in 2006. The programme was successful and the findings were published in 2010. HealthWORKS Newcastle didn't get funding to roll the programme out city wide until June 2010, we've now been delivering Staying Steady for one year at 5 venue's around the city and holding 16 classes per week. Staying Steady is fortunate to have a specialist physiotherapist working with us for a few hours per week and good links with the Fall's and Syncope service in Newcastle. Fiona Shaw, consultant geriatrician, has been a great support and pivotal to the success of the programme. We now have six participant's from the pilot in 2006 exercising with us. One of them celebrated her 90th birthday with us last year and is still a regular participant!

Staying Steady has achieved good results and we were delighted that our findings were accepted as a poster display at the 12th international conference on Fall's and Postural Stability. On a personal note, as an instructor delivering the pilot programme in 2006 and now project manager for staying steady city wide in 2011, I am delighted that we are able to expand the service and that our instructors are getting as much pleasure from delivering the sessions and seeing the benefits for participants as I did!

Linz Charlton Senior Manager, PSI, Newcastle

Chair based boxing!

I work at the Sobel Centre in London. One of my class members said to one of the administrators today "A class with Velo is like getting a bottle of medicine". It made my day! The class had been getting a bit bored with the endurance section of the class, so I found on Amazon a DVD on chair-based boxing. This has been a huge hit with the class, we do seven exercises (one I've come up with on my own) and we're up to three 'rounds'. The pulse rate is definitely increased, there has been a marked endurance improvement with my regulars, plus they all have a lot of fun doing the exercises. What is always amusing is when people walk by the door to the class and hear us shouting: 'What do you do when he's down?' 'Kick him!' I also use is chair-based for the entire class. My oldest member of that class is 103. In addition, I've found that working with people with poor cognition can easily do the boxing and it is one thing that they always remember from class to class. I also teach one-to-one a man who is suffering from advanced Parkinson's. His favourite part of the class? Boxing.

Velo Mitrovich, PSI, CBE, London

From Our Tutors

SIMON SAYS



Simon Hanna (LLT Tutor on PSI, OEP, CBE, MMe). [Click here to view online profile.](#)

Backward Chaining anyone?

We have recently been getting queries on courses about the LLT physiotherapy-based backward chaining approach to improving or restoring the safe execution of everyday actions such as getting down to and back up from the floor. In particular, we have been asked about the teaching sequence that LLT and AGILE (Chartered Physiotherapists working with older people) recommend. I thought that it would be of interest to share some of the LLT inner sanctum discussions we had on the subject.

Backward chaining (or backward reasoning) is an inference method that can be described (in lay terms) as working backward from the goal (Wikipedia Article on Backward Chaining). In the case of PSI we use this link by link (in the chain) or step by step approach to get down to and up from the floor so we can concentrate on functional floor exercises and post-fall coping strategies.

The queries have centred on one important point - why the sequence that LLT recommend teaching for getting down to the floor is different from the sequence we use on the way up?.

Those of you who have done your PSI training will remember that on the way down we recommend a step away from the chair, turn and take a small unsupported lunge down to hold onto the sides of the chair, then kneel - but on the way up we suggest crawling close to the chair, taking hold of the chair and standing up (supported at all times). Some students have asked why we don't just suggest a small backward step away from the chair, then bend and hold the sides of the chair while they kneel. There are a number of very good reasons for this and not in any particular order of importance.....Firstly, research

has shown that backward steps are potentially risky for fallers and although this skill can be regained they take time to retrain and we ideally want to get older people to retrain their floor skills at an earlier phase in training. For those of you who have trained in the Otago exercises you will know that backward steps are retrained but only introduced later in the programme and with support. Secondly, the recommended LLT/AGILE method has been tested in research (at least twice) with no untoward occurrences and improvements seen in confidence, reduced fear of falling, improved floor rise times and improved ankle plantar and dorsiflexor strength. Finally, it makes kinetic sense to build on the supported forward lunges you have been doing with participants in the early phases of training to the next link in the chain, one knee down and back up again. It retrains both eccentric and concentric muscle groups and improves neuromuscular function.

The key is in your technique in teaching this approach. Huge steps away and long unsupported lunging toward the chair is potentially unsafe! Your participants will not have the balance skills you have. You should be demonstrating stepping up from the chair, taking a few (small, contained) steps or a steady step followed by step turn towards the chair and a single small step/lunge to bring you sufficiently close to the chair to place the arms on the chair seat to steady yourself on the next phase of the sequence. The weight of evidence behind the benefits of floorwork in reducing fear of falling, reducing long lies and improving confidence is clear so we hope as many of you as possible are including this in your PSI sessions.

The Olympic Legacy 2012 and older people

I would really love to know what people are planning for 2012? Locally (here in Cambridgeshire) we are having a 50 day countdown to the start of the Olympics where older people are invited to come and try a new activity. New events such as Netball, Croquet and Walk Football (supported by the Football Foundation), as well as taster sessions for more established activities will be available. If events are successful we will hold a regional competition. Competitive events for older people – I can't wait to see the risk assessment! Let's make sure the Olympic Legacy is truly for ALL and launch the World Congress on Active Ageing (see Events) with a positive message.



Jacqueline Constable

From Our Tutors

PAR-Q & YOU

Why do we do pre exercise health questionnaires, who are they for and what purpose do they serve? We asked you this in the last newsletter, Jacqueline Constable from Guernsey wrote:

[Steve, I have requested a photo of Jacqui ;]

I was really interested to read your article on Health Questionnaires. For best practice and for legal issues. We all know that every participant should have completed a Par-Q and have medical clearance before we allow them to exercise. However, the situations we face in the work place are not that simple. Having read your article and having recently discussed the thorny subject of health questionnaires with a colleague after the LLT conference, here are some situations :

1) You are holding a community group, the majority of participants self refer. If a new member contacts you prior to the class and it isn't possible to obtain a completed PAR-Q in advance of the session, what do you say to the person who arrives unannounced, has had courage to come, has had a long bus journey etc? Do you say sorry, you have to fill in a 3 page form (without your correct glasses, medication from memory, quickly as we are about to start, or come with it ready for next week, Oh and you must get medical permission!) That poor devil is highly unlikely to come back! Do you let them do seated exercise only, observe only and have a cuppa, refuse to let them join in today?

2) A residential home books a taster session and you have 20 frail, elderly eagerly waiting. Do you expect 20 PAR-Qs in advance of the group, even though the care home may not book you for a regular slot? Even with 20 PAR-Qs, would you remember which applied to who? Could you have a shortened version?

3) You hold regular sessions at a care/nursing home but the Nurse Manager will not provide forms for you. The info is considered confidential, so verbal info is given but everything considered sensitive is held in the home office only. Do you accept verbal PAR-Qs in line with the Home Manager's wishes or refuse to take that group?

4) The Care Home books you weekly but doesn't even acknowledge your arrival and has no interest in receiving your feedback. You are there to look good as an activity for the inspection report! There is no way you will receive up to date forms. Once again, do you refuse yet another chance of helping the elderly with your skills?

5) The participant wants to self refer, but the medical professional refuses to consent. The medical professional is 30 years old, obese, leads a sedentary lifestyle complemented by nicotine, sugar, caffeine and alcohol. The participant is 85, relatively active but has osteoporosis and a fear of falling... Sorry, not very PC but we've all met that professional. Would you accept the 85 year old on your programme?

6) The participant duly completes their form. Wonderful, that's all you need, you're covered. It is only once they have valiantly coped with an hour of exercise that they mention the pacemaker/the recent fall/the ulcerated heel which were not detailed on the form!

As a self employed PSI/OTAGO/Chair Based instructor working on my own with over 160 regular clients, I face these issues and many more all the time. Experience, observation and monitoring play a huge part in safe, effective programmes, as does bearing in mind that everyone in your group is high risk. The sound advice of work at your own pace, stop when you need to, with intervention as required from the exercise leader are as vital as the PAR-Q.

I would hate to turn someone away because I didn't have the perfect PAR-Q, but it is a minefield. The current guidelines do need more research and discussion from the powers that be in respect of our sector of clients. If LLT could consult with the multi disciplinary expert groups on our behalf it would benefit us all. It is so important to keep our clients safe, give them the opportunity for maintaining and improving independence but looking after our own legal position at the same time.

You are so right Jacqueline and we will do just that. Watch the website for a response to each and every one of your queries.

Do you have any ideas, thoughts or comments to share about PAR-Q & YOU? Let us know!

HIGHLIGHTS FROM RESEARCH

Motivate Me improves adherence

Dr Helen Hawley has just completed her PhD thesis looking at the role of the exercise instructor in adherence to exercise in older people. She was supervised by Prof Chris Todd and our own Dawn Skelton. Her work considered the personality traits, beliefs and attitudes, experience and training of instructors, factors about the class participants and then, over a 6 month period, recorded the adherence and attendance of class members. Interestingly, instructors attitudes had no relationship to attendance or adherence. Class participants mental well-being, education and housing were key factors related to their attendance. Having attended the class for more than six months at baseline was an important factor related to adherence. Individual factors such as participants' attitudes, beliefs about group cohesion (particularly perceptions of their acceptance in the group) and instructor variables such as personality traits and experience emerged in the final statistical models both

in relation to participant attendance and adherence. Instructors with conscientious traits (such as planning and being organised) had a positive effect on attendance and adherence, where as being extrovert (too assertive) had a negative effect on attendance although did not relate to adherence.

Finally, instructors who had undertaken motivational training were more likely to have participants with higher attendance in weeks. Qualitative interviews with instructors highlighted how important you think it is to provide a friendly, social and cohesive atmosphere for older adults to exercise in. As those of you who have done Motivate Me training will know, the evidence based support strategies that have been shown in research to improve adherence really do work!



EfS – real functional gains

LLT have been working with the Wiltshire Council Stroke Project to evaluate the effect of EfS delivered classes on function and quality of life in Stroke survivors discharged from rehabilitation. They have seen improvements in Timed Up and Go, 10m walk, Stroke Impact Scale and quality of life of between 5-300% (n=12 people) in just 12 weeks.



PSI exercises improve balance, fear of falling and physical activity in Parkinson's Patients

Dr Victoria Goodwin has published her research findings on the effects of a 10 week programme of group and home exercises adapted from the menu of exercises taught on the PSI course and from the original FaME programme to prevent falls. 130 people with Parkinson's Disease (PD), with a history of two or more falls in the previous year and who were able to mobilise independently were randomised into a usual care group or a group receiving a 10 week, physiotherapy led, group delivered strength and balance training programme with supplementary home exercises (intervention) or usual care (control).

Berg balance, Falls Efficacy Scale-International scores and recreational physical activity levels improved significantly in the intervention group but the study did not demonstrate a statistically significant between group difference in falls (although the difference could be considered clinically significant). This is perhaps not unexpected as the total dose was less than that recommended by the Sherrington review. However, the wider benefits of the exercises taught on the PSI training are emerging and Victoria (one of our PSI tutors) will be able to discuss the practical implications of delivering these exercises with people with PD.



Sheena Gawler has also been running EfS classes with Martin Thompson in St. Pancras Hospital. The service is run by Camden Council and referrals come from the Joint Therapy Team. The 12 week programme has seen improvements in Timed Up and Go (10%) and 10m walk test (23%) in 11 people. Great news, do you have any service evaluations to share?

"I started the 12 week pilot with very low confidence and was unsure what to expect from the course. As a result of taking part in the 12 exercise programme I feel I have taken huge strides and feel that each session is benefiting me more and more. I have started to rebuild my life taking little and simple steps at a time and as a result have seen my confidence grow considerably. I now realise that that I am not the only person who has suffered as result of having a stroke, and am now willing to work harder at getting on with day to day activities and my life. I am determined to continue this great work when I move on to the Exercise after Stroke maintenance group in January."

(Wiltshire Stroke Survivor, Male, Aged 46)

HIGHLIGHTS FROM PRACTICE

Improving Exercise after Stroke services in the community

National Guidelines



Following Dr Frederike van Wijck's keynote and Dr Tom Balchin's ARNI workshop at the LLT conference, there has been a surge of instructor interest in Exercise after Stroke. This is heartening in this relatively new and much needed specialist exercise area. A range of UK national policies and guidelines for stroke now recommend that

stroke survivors be encouraged to engage in physical activity wherever their condition permits. As a consequence, we anticipate that more and more stroke survivors will be referred for exercise and fitness training. Some of you may wish to improve your existing services for stroke survivors, while others may want to set up entirely new services. But where do you start? Help is at hand...in the form of the Best Practice Guidelines for Community-Based Exercise after Stroke Services. These guidelines are based on the highest quality research findings from a survey of exercise after stroke services in Scotland and also on the expert opinion of a multidisciplinary expert reference group. The guidelines were developed by Gillian Mead, Cath Best, Frederike van Wijck, Susie Dinan-Young, John Dennis and others and cover a range of key issues, including service organisation and governance, referral systems, the roles of health and exercise professionals, exercise

assessment. The aim of these guidelines is to improve the current delivery and guide further development of Exercise after Stroke services that are safe, evidence-based, effective, enjoyable and person-centred and that enable stroke survivors to improve their health and physical fitness in the long term. For too long the needs of stroke survivors have been overlooked and our aim is, therefore, to create pathways for exercise after stroke, similar to cardiac rehabilitation. Help us to achieve the vision of 'more people after stroke, more active more often, exercising safely and effectively'!



The guidelines are available from:
<http://www.exerciseafterstroke.org.uk/>

Article by Frederike van Wijck PhD MCSP,
Glasgow Caledonian University



Exercise
After
Stroke
Instructor



instructor training
and qualification,
the content of
the exercise
programme,
record keeping
and outcome

Click here to apply
online for the
LLT EfS Course

FALLS FALLS PREVENTION SERVICES IN YOUR AREA DIRECTORY

There are now 313 PSIs and OEP Leaders on the Falls Directory now. Designed for an older adult, or someone supporting an older adult, who is looking for a local falls prevention class or one-to-one training, the Falls Directory offers the chance to search for instructors by postcode. Later Life Training is supporting the website and offering PSI and OEP Leaders a FREE listing of their name, address, email, telephone number and their qualification. Are you listed? If not, contact the LLT office. For those of you who want a bit more exposure, for an incredibly small amount per month you can list class locations and times or even set up your own webpage.

In 2012 we will launch exerciseafterstrokedirectory.com so that EfS instructors can be found easily by stroke survivors and services looking for EfS instructors.

...are you Listed?

"I am delighted with my web page on fallsdirectory.com. For a mere £3 a month, Steve Richardson has designed a great looking page, using the info I supplied, and has included a contact form linked to my e-mail. As a self-employed instructor, I appreciate the value for money. The page gives a snapshot of my Falls services and promotes a professional image. Just right for encouraging new clients to get in touch. I would like to say a big THANK YOU to Steve. I recommend that you use this brilliant service. We are all trained by LLT, but use our qualifications in a variety of workplaces and circumstances. What could be better than one of our own colleagues designing our web page. Steve understands where we are coming from and we should be supporting him too! Check out my page:
<http://fallsdirectory.com/jackie-constable/>

...then contact Steve for yours."

Jacqueline Constable - Guernsey 30.9.11

National Exercise Referral Scheme in Wales



Cyfarchion oddi Wales! (Greetings from Wales!)

Firstly, let me say how much I enjoyed the LLT Conference and how useful the lectures and workshops were for future developments of the National Exercise Referral Scheme in Wales; whilst I was at the conference I met many old friends and made many new ones and all wanted to know about the how and why Wales developed a national scheme so I have attached a brief overview and included links to our evaluation and website.

In 2006 the Welsh Government (WG) decided to fund and independently evaluate the National Exercise Referral Scheme (NERS). This decision was made as funding was coming to an end for a number of schemes across Wales and following a literature review it was evident that lots of different protocols were being implemented with a variety of evaluation and data collection systems in place. They also wanted to address the NICE (2006) guidance, *"Practitioners, policy makers and commissioners should only endorse exercise referral schemes...that are part of a properly designed and controlled research study to determine effectiveness."*

WG commissioned an independent randomised controlled trial to provide scientific evidence for whether the NERS is an effective national intervention to improve health, wellbeing and increase independent physical activity long term. Find evaluation results here <http://wales.gov.uk/about/aboutresearch/social/latestresearch/exercise/?lang=en>

WG commissioned a training contract to bring NERS instructors to meet the current national guidance. All exercise professionals operating the Scheme are trained to NVQ level 3, have a qualification that meets occupational standard D449 working with

referred patients and are appropriately insured. All protocols went through ethical approval, and the British Medical Association in Wales was consulted as part of the development of the Scheme. WG grant funded and supported LAs to deliver the NERS to meet with the standardised protocols within their areas. Following the successful evaluation results NERS has secured further funding until March 31st 2014.

The Welsh Local Government Association (WLGA) appointed me as the National Coordinator in August 2008. My role is to monitor the day to day running of the scheme; mentor and support the coordinators and exercise professionals across Wales to improve and develop their schemes' performance; commission training and develop standard protocols for each of these chronic conditions based on best practice from across the UK.

Level 4 accredited training has already been provided on;

- BACR Phase IV Cardiac Rehabilitation Instructor
- Loughborough College Respiratory Disease Instructor
- Later Life Training Level 4 Postural Stability Instructor (Falls Prevention)
- Fitness Wales Level 4 Back Care
- Later Life Training Level 4 Exercise after Stroke
- Fitness Wales Level 4 Mental Health
- Discovery Learning Level 4 Obesity/Diabetes Weight Management

Standard protocols for these chronic conditions are being implemented where there are rehabilitation programmes in operation and exercise professionals hold the necessary qualifications.

For further information please look at <http://www.wlga.gov.uk/english/national-exercise-referral-scheme/>

Jeannie Wyatt-Williams
PSI, National Exercise Referral Coordinator, Wales



Events

Dates for your Diary 2012

European Year of Active Ageing and Intergenerational Solidarity 2012

2012 will be the 10th Anniversary of the United Nations Action Plan on Ageing. In response to the demographic challenge all EU member states are facing the EY2012 will seek to:



European Year for **Active Ageing**
and **Solidarity between Generations 2012**



- Promote active ageing in employment;
- Promote active ageing in the community through volunteering and caring;
- Promote healthy ageing and independent living;
- Enhance solidarity between generations in order to create a society for all ages.

**Click here
to find out more**

The European Year is designed to serve as a framework for:

- Raising awareness on the contribution that older people make to society and the important part that young people play for a holistic society;
- Identifying and disseminating good practice;
- Mobilising policymakers and relevant stakeholders at all levels to promote active ageing;
- Calling for greater cooperation and solidarity between generations.

Active Ageing Seminar 2 May 2012

This event was a huge success last year and Vida Wellness are combining their expertise with the British Heart Foundation National Centre for Physical Activity and Health again in 2012. The Active Ageing Seminar 2012 will inform and inspire all wellness professionals who work with older adults. The theme for this event will be "Reaching and Achieving our Targets" and

programme topics will include; Programme Branding; Participant Assessment; Functional MOTs and ParQs; Brain Fitness and Customer Care – How Good are We? Later Life Training will again be heavily involved in this event so for further information visit <http://www.vidawellness.co.uk/network/seminar/2012.php>



Falls Awareness Week - June 2012

There are many things we can all do to reduce the risk of falls, from taking part in strength balance exercise, to having regular eye tests. Falls Awareness Week offers the perfect opportunity for people to find out about you and your classes. This year's event will take place from 18-22 June 2012 with the theme of falls and bone health. To find out more about holding an event, sign up to the Preventing Falls e-bulletin by emailing falls@ageuk.org.uk

If you are running a special event, a taster exercise session or any other promotional activity, all you need

to do is register your event and send off for their promotional materials.



For more information, visit <http://www.ageuk.org.uk/health-wellbeing/national-falls-awareness-week/>

8th World Congress on Active Ageing

13th – 17th August 2012

13-17 August 2012



Later Life Training are proud to be a Gold Sponsor of the 8th World Congress on Active Ageing in August 2012 in Glasgow. WCAA2012 will highlight research and practical ways to encourage and engage older people to be physically active. This will include the needs of the frailest oldest old as well as the elite veteran athletes.

The Congress will be held at the Scottish Exhibition Centre in Glasgow and will attract delegates from the 'worlds' of research, health promotion, rehabilitation, fitness and lifestyle, social care and policy. Dawn Skelton and Bob Laventure (LLT Directors) are organising this event on behalf of Glasgow Caledonian University and the British Heart Foundation National Centre for Physical Activity and

Health, in collaboration with the International Coalition on Active aging and Human Kinetics. Registration is now open and you could even submit an abstract (deadline Jan 31st 2012) if you have a good piece of evaluation work showing that your sessions really bring a positive difference to the older people you work with.

The uniqueness of this Congress is the bridge between evidence base and practice. Alongside exciting Keynotes from some of the World's most renowned researchers will be:

- seminars on research evidence to inform practice, evaluating outcomes and services, marketing to seniors, motivation and support strategies, evidence based models of practice from across the world,
- practical workshops to experience different exercise approaches to sessions for the fullest range of older people,
- meet the expert sessions where you can ask anything you want of a variety of people with experience in research, medical conditions, tailoring and adapting activity and basic research methods,
- a chance to meet up with like minded professionals from around the world

Programme headline speakers

include Dave Buchner (ACSM guidelines), Waneen Spirduso (Wellbeing and Cognition), Jennifer Etnier (Dementia), Colin Milner (ICAA Marketing), Neville Owen (Sedentary behaviour), Stephanie Studenski (Neurological Conditions), John Campbell and Dawn Skelton (Falls).

You will also be able to witness some truly spectacular performances by older people on the grand stage of the Clyde Auditorium. Contemporary modern dance by Dance House, Zumba Gold and "EXTENDers" doing a choreographed exercise to music set are amongst the highlights.

Many active ageing events will run alongside the Congress. We hope to attract some 200 older people every day to the event with our Senior Passes. The Experience Zone will run throughout the Congress so that both delegates and older people can try a different activity or exercise opportunity available every half an hour.

All this with a backdrop of the Highlands and the spectacular West Coast of Scotland available for a wee trip before or after, WCAA2012 promises to be an event not to be missed. Can you afford not to be there? For further information, visit:

<http://www.wcaa2012.com>



Seasons Greetings



From Later Life Training

With best wishes for a Happy
and Active New Year

From All at Later Life Training



If you did not receive an LLT Christmas Card, or this Newsletter by email then you are not on our Mailing List. If you want to receive LLT newsletters and other information about courses and new events or resources, [contact the LLT Office](#).

Finally... Congratulations to our Director, Dawn Skelton, who has been promoted to Professor of Ageing and Health at Glasgow Caledonian University!