

Later Life Training Ltd (SME) – Partner 5

Directors: Dawn Skelton, Bob Laventure, Susie Dinan-Young

Senior Tutors: Bex Townley, Sheena Gawler, Dawn McLean

Plus: Self-employed tutor team (in UK) – 21 people

Office: Based in Killin, Scotland, UK

One full time Office Manager, five part time office staff



- We are a **non-profit making organisation** that provides **evidence based training** for a wide variety of professions working with older people to help increase uptake and adherence to exercise which helps maintain independence, reduce falls and improve outcomes after stroke.
- Our commitment is to a wide continuum of provision so that **all** older people, even those who are very frail, can improve their fitness with confidence.



- All our courses aim to *increase habitual physical activity levels* and *improve functional capacity and independence* in this vulnerable, population group.
- Later Life Training Ltd was formed in Feb 2003. The company was originally set up to allow the continuation of the delivery of the *continuum* of training.
- The original training was developed by the three directors, alongside an advisory group, with funding from the UK's Department of Health.



The Directors



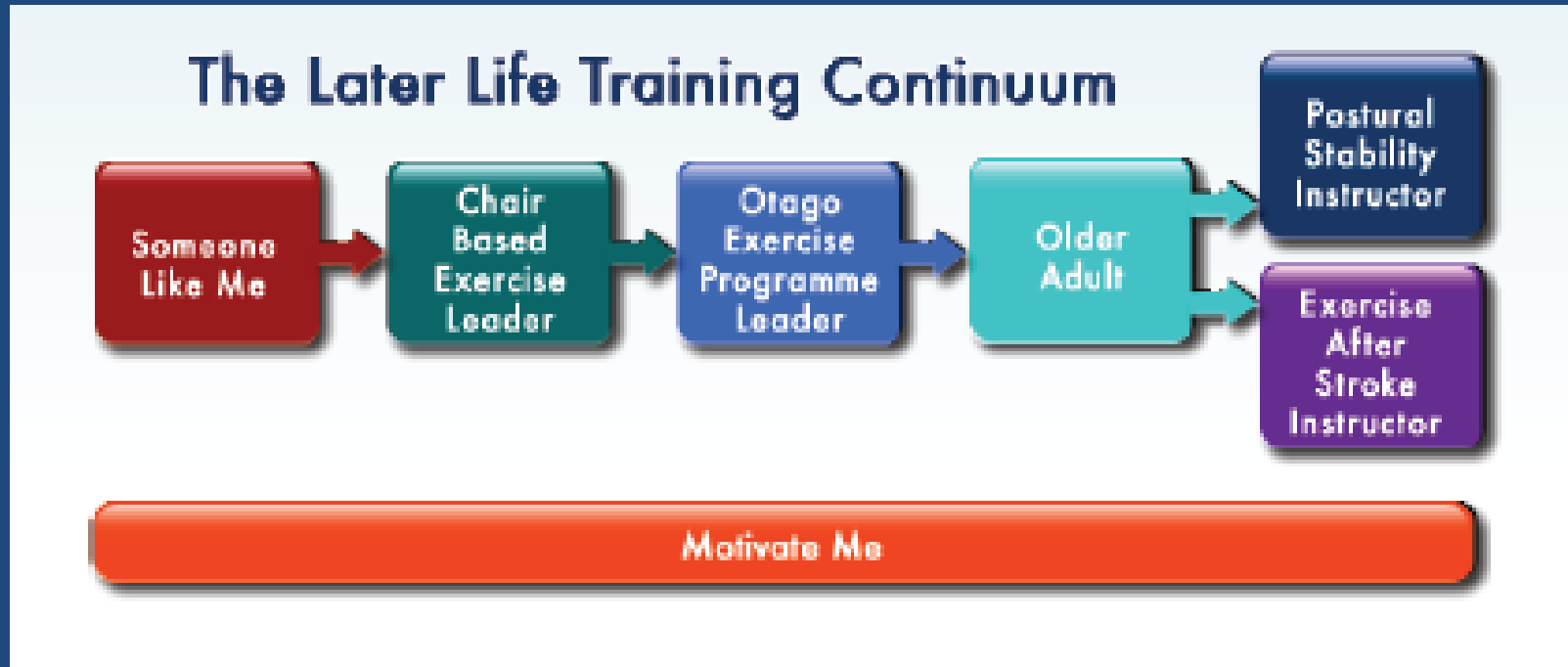
- Professor Dawn Skelton, Professor of Ageing and Health, GCU
- Bob Laventure, Consultant, British Heart Foundation National Centre for Physical Activity & Health
- Dr Susie Dinan-Young, Honorary Senior Research Fellow, University College London
- Have worked, or continue to work with
 - Scottish Government
 - NHS Health Scotland
 - Paths for All
 - Chartered Society of Physiotherapy
 - College of Occupational Therapy
 - British Geriatrics Society
 - UK Department of Health
 - UK Department of Work and Pensions
 - UK Department of Trade and Industry
 - Stroke Association
 - National Association of Providers of Activities
 - Age UK

National Standards

- We work closely with expert reference groups, universities and professional bodies to ensure our courses are based on up to date research and best practice.
- We are a **licensed training provider** with Skills Active.
- Skills Active and Skills for Care are UK wide National bodies that oversee quality of training in the Fitness Profession and in the Care Sector.
- The Register for Exercise Professionals (REPS) provides a list of Endorsed UK wide training. E-REPS, the European wide body, accepts training endorsed by REPS.



LLT's "products"

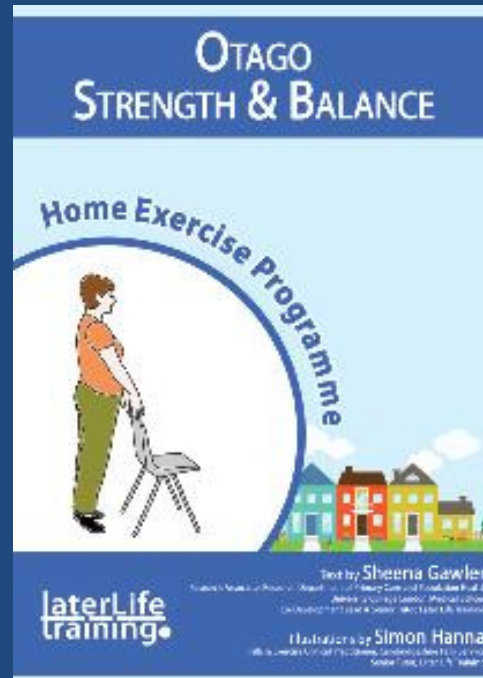
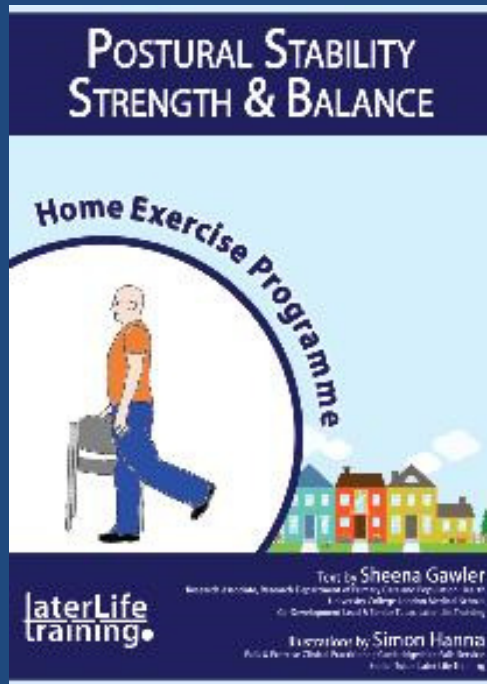


>5000 students have been on our courses
>1500 PSIs
>1000 OEPs

**LLT
Conference**

Find us on:
facebook

LLT Resources



Otago - Audio clips & DVD

STUDENTS PAGE

The screenshot shows a Mozilla Firefox browser window displaying the 'PSI Student Course Materials' page. The browser's address bar shows the URL <http://www.laterlifetraining.co.uk/student-training-materials/psi-student-course-materials/>. The page features a navigation menu with links for HOME, ABOUT, COURSES, COURSE DATES, RESOURCES, NEWS, and CONTACT. A search bar is located on the left side. The main content area is titled 'PSI Student Course Materials' and contains a list of links: 'During the course', 'Online Revision from LLT', 'Handouts and updated manuals', 'Assessment Resources', 'LLTs Equal Opportunities Policy', 'After the course', 'Home Exercise Booklets', and 'Logos, Insurance and Offers'. On the right side, there is a photo of three women in a gym setting, one of whom is lying on the floor. Below the photo is a 'TESTIMONIALS' section with the text 'I had no previous exercise training'. The browser's taskbar at the bottom shows various icons, including the European Commission logo, and the system tray displays the time as 22:45 on 21/09/2011.

PSI Student Course Materials — Later Life Training - Mozilla Firefox

File Edit View History Bookmarks Tools Help

<http://www.laterlifetraining.co.uk/student-training-materials/psi-student-course-materials/>

Later Life Training Falls Prevention Servic... ProFaNE Online Com... Prevention of Falls Net... GCU Email GCU Home MailChimp Me Emails Falls and Work Travel & Accommoda...

Deleted Items - Outlook Web Acce... SCRABBLE® Worldwide (excluding... ARNI stroke | Fast Browser Search PSI Student Course Materials — ... Dropbox - Files - Simplify your life

HOME ABOUT COURSES COURSE DATES RESOURCES NEWS CONTACT

Welcome PSI_Student :: Log out

laterLife training

Postural Stability Instructor

Exercise After Stroke Instructor

Otago Exercise Programme Leader

Chair Based Exercise Leader

Motivate Me

Someone Like Me

LLT Conference

SEARCH:

To search, type and hit enter

NEWS:

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

PSI Student Course Materials

During the course

Online Revision from LLT

Handouts and updated manuals

Assessment Resources

LLTs Equal Opportunities Policy

After the course

Home Exercise Booklets

Logos, Insurance and Offers

TESTIMONIALS

I had no previous exercise training

Done

European Commission

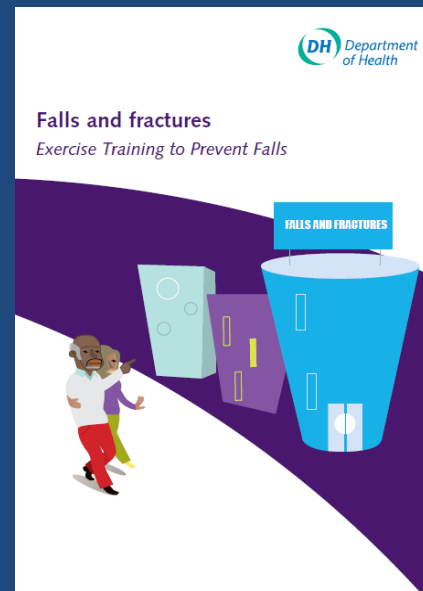
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Endorsement



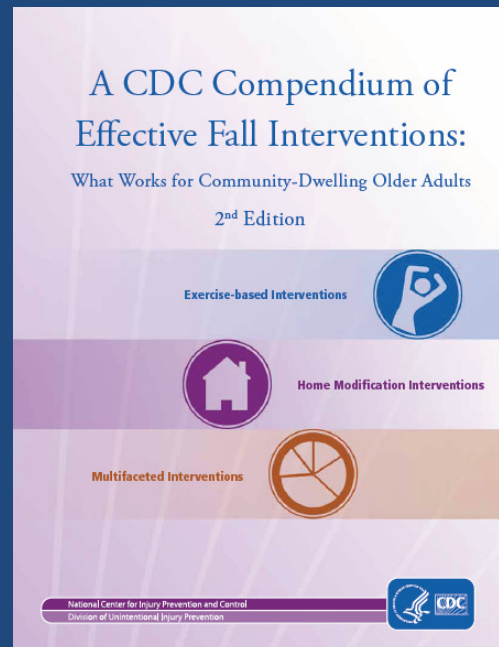
- In 2009, the **Department of Health** published its *Prevention Package*. Alongside recommendations for effective falls and bone health screening, were guidelines on how to best implement effective falls prevention exercise. PSI and OEP sessions were recommended.



Endorsement



- In 2010, the **Centre for Disease Control** in the USA published its 2nd Edition of its *Falls Compendium*. The PSI sessions are cited as a best practice model (p24-27).



Endorsement



- In 2012, the **Royal College of Physicians** produced a report entitled *“Older people’s experiences of therapeutic exercise as part of a falls prevention service 2011: Patient and public involvement* reported that **only 54%** of sites had staff who had completed Postural Stability Instructor (PSI) training and **41% of sites** had staff who have completed Otago (OEP) training.
- They recommended more services undertake evidence based training.

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