

Ageing is Changing Programme



“When exercise and behavioural sciences meet to achieve the dose”

A learning journey available at a range of venues and dates around the UK

9am - 3.30pm

The warm-up, getting ready for learning

Introductory Session - Starts at 9am

What has changed e.g

- Services shorter, Demography of ageing, Inequalities and diversity
- Exercise, Physical activity - strength balance message and the need to challenge (messaging, ageism and gentle)?

Exercise science needs to get together with behavioural science

Getting off to a good start - Part 1 (Engagement and assessment)

Session 1

Bex leads

- ✓ Assessment tools for the body, physical function and health.

Bob leads

- ✓ Assessment tools for “The mind” the person and readiness to change.
- ✓ Posing the question, ‘How do we assess for readiness to change, motivation’. What do I know, what don’t I (and need) to know

Getting off to a good start - Part 2 (Adoption and transitioning)

Session 2

Bex leads

- ✓ Formats and conversations to support the long run.
- ✓ Maximising the dose - Independent learning and at home

Bex presents 3 circuit format designs to support skills to lead, design, tailor, and talk

Bob leads

- ✓ A tailored plan for participants including:
 - Aspirations
 - Outcome and behavioural goals
 - Action planning
 - Self-monitoring
- ✓ Supporting participants using
 - Lapse and relapse prevention
 - Building self-efficacy
 - Social support strategies
- ✓ Learning to exercise independently (including home-based exercise)

Bex leads

- ✓ **Home is where the dose is** “after you’ve gone/while you’re away”.
- ✓ **HBE either to supplement group/class activity**
 - Use of home-based exercise to achieve dose and prepare for/develop independent participation
 - Revised home exercise booklets (with self-monitoring included)

Bob leads

- ✓ **Managing disruptors, dislocation and managing transitions** between services
- ✓ **For those who “stay”** - disruptors, dislocation, life events and changes over time
- ✓ **Support over time involving**
 - Individual and social support strategies
 - Re-framing conversations and questions
 - Building dose through other local opportunities

The cool down

Closing Session - Ends at 3.30pm

Next steps and further information. Reflective practice and personal action plans

ADDITIONAL CONTENT*

**PRE-RECORDED CHAT
WITH DAWN AND BEX****How the World Falls Guidelines are relevant to you**

Dawn and Bex chat informally about what the key parts of the World Falls Guidelines might affect their practice, or their service. Dawn was a co-lead on the working group on Exercise for Falls Prevention on the Guidelines, working with Professors Cathy Sherrington and Stephen Lord. But other parts of the guidelines are relevant and useful to know when in conversation with others and with participants. The full guidelines are available here - <https://www.bgs.org.uk/wfg>

*instructions on how to access will be emailed to you nearer your learning day