

Who is it for ?

This course is designed for those who work with older people in a variety of settings

including:

Chair-based Exercise Leaders,
Otago Exercise Leaders,
Postural Stability Instructors,
YMCA exercise and the older person
instructors,
Physiotherapists and Physiotherapy
Assistants,
Movement and Dance teachers
(e.g. Extend, Keep Fit Association)
Sports Development Officers and
Community Sports Leaders,
Leisure Development Officers and
Health and Social Care workers.

Motivate Me training events have been
approved as

Endorsed Training for REPs
with 7 CPD points.

These courses are run nationally, according to need.
Candidates can either enrol on an individual basis or can be enrolled
by a "Host Organiser" in a local area.

SUPPORTED BY:

AGE CONCERN ENGLAND

AGEING WELL ACTIVE AGE UNIT

AGILE

BRITISH GERIATRICS SOCIETY

BHF NATIONAL CENTRE FOR PHYSICAL ACTIVITY
AND HEALTH, LOUGHBOROUGH UNIVERSITY

EXTEND

HELP THE AGED

NATIONAL ASSOCIATION FOR PROVIDERS OF
ACTIVITIES FOR OLDER PEOPLE

INTERNATIONAL SOCIETY OF PHYSICAL ACTIVITY
AND THE PREVENTION OF OSTEOPOROSIS, FALLS
AND FRACTURES

RESEARCH INTO AGEING

DEPARTMENT OF PRIMARY CARE & POPULATION
SCIENCES, OLD AGE PSYCHIATRY & HEALTH
SERVICES FOR ELDERLY PEOPLE, UNIVERSITY
COLLEGE & ROYAL FREE HOSPITAL, LONDON

ProFaNE– PREVENTION OF FALLS NETWORK
EUROPE

UNIVERSITY OF DERBY

LEICESTER COLLEGE S4B

Registered Office: Later Life Training Ltd, 71 Duke Street,
Mayfair, London W1K 5NY, UK

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HEALTH PROMOTION

LaterLife training.

“MOTIVATE ME”

In the
United Kingdom and Europe

*A ONE DAY TRAINING COURSE
FOR HEALTH AND EXERCISE
PROFESSIONALS IN THE EVIDENCE BASED
MOTIVATION FOR EXERCISE
FOR FRAILER OLDER PEOPLE*

LATER LIFE TRAINING
MOUNTGREENAN
BY CRIANLARICH
PERTHSHIRE FK20 8RU
Tel: 01838 300 310

e-mail: info@laterlifetraining.co.uk
Website: <http://www.laterlifetraining.co.uk>



What is covered?

This course is designed to provide physical activity and exercise leaders, teachers and instructors with both theoretical perspectives and practical applications on motivating older people to start and maintain regular physical activity.

Course Rationale

The evidence for promoting physical activity among older people of all ages is overwhelming, but people over the age of 50 represent the most sedentary segment of the adult population and participation continues to decline with increasing age. A number of agencies now provide courses for those who work with older people, but few include training in understanding motivation and adherence. This course is designed to provide physical activity and exercise leaders, teachers and instructors with both theoretical perspectives and practical applications on motivating older people to start and maintain regular physical activity.

Course Aims

- To understand why some older people are and others aren't motivated to be active and how we can help people make a change.
- To develop practical strategies and approaches that might make a difference.

Course Objectives

- By the end of the course participants will have shared their experiences and successes at working with older people.
- Improved their understanding of theoretical and practical components of motivating older people.
- Developed their knowledge and understanding of the barriers older people face and strategies to overcome these.
- Practiced communication strategies and skills to improve motivation amongst participants.
- Improved their understanding of individual differences among older people.

Course Content

A one-day programme - 9.30 am – 4.30 pm with a maximum of 24 participants. The course comprises a mixture of theory and practical activities, is linked to National Occupational Standards Unit C313 Level 3 Core Knowledge and is designed to cover the following content:

- **Session 1.** Motivating older people and helping them to become active - What do I need to know?
 - Participants experience of motivational issues, the decision making balance sheet, motivation, intrinsic, extrinsic and programme barriers, self efficacy and self-esteem.
- **Session 2.** Understanding motivation, understanding older people and understanding physical activity;
 - Overview of behaviour change and the barriers older people face.
 - Life time model of physical activity.
- **Session 3.** Recognising individual differences, needs, barriers and motivation;
 - Evidence relating to individual needs and differences.
 - Generational and life-stage, contextual differences, settings and motives.
- **Session 4.** Practical opportunities and strategies for the instructor/leader to intervene;
 - Listening and talking, negotiating barriers and providing opportunities.
 - The assessment and induction process.
 - Goal setting and motivation, incentives and rewards.
 - Lapse, relapse and support strategies.
- **Session 5**
 - Participant review and planning.

Cost of the Course

The course cost, including manuals and certificate is £100 plus VAT (£115). Concessionary prices are available for staff and voluntary workers from Age Concern.

Tutors

Main course tutors are Bob Laventure or Simon Hanna.

Resources

All participants are provided with a course support pack including sources of additional materials and a comprehensive reading list.

Certificate of Attendance

There is no formal assessment to this course.

Participants are provided with an opportunity to review learning from the course against their own professional experiences during the day and formulate their own personal action plan. Certificates of attendance are

Course Dates and Venues

Information on course dates and venues can be found on the LLT website Course Dates Page - please visit -

<http://www.laterlifetraining.co.uk/CourseDates.html>



How to Apply

For an application form, please contact the Administrator at the address overleaf.

For more information about Motivate Me courses please email bob.laventure@ntlworld.com