

Course Overview

A half day workshop that explains why walking, plus strength and balance provide the key to active older age. Delegates will spend time learning how to encourage mobility and activity and build strength & balance into daily care. This course is delivered by our qualified trainers who have extensive experience in health & social care.

Learning Outcomes

- Understand the physical, social and well-being effects of ageing
- Understand the benefits of being active
- Be aware of the current physical activity guidelines
- Understand why walking with strength and balance is important
- Try out and practice strength and balance

Who is this course suitable for?

Healthcare staff who support older adults in any care setting that would like to support older adults to improve their mobility through short daily walks and strength and balance.

Course Materials

All who attend will be given a Care about Walking Booklet and Log Charts, a set of dementia friendly Strength and Balance cue cards and Sit Less Move More leaflets.

Training can be delivered online or in person. To book a course, delivered by our freelance trainer for up to 16 of your staff, complete this [form](#).

The cost of the course is £500. If an in-person course is required, you are responsible for booking costs of a venue and refreshments. For more information, please contact training@pathsforall.org.uk